



PE Long term planning - Year 5/6

Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Session 1 Suggested themes	Games Unit 1: Invasion (implement and kicking)	Games Unit 2: Net, wall and court games	Games Unit 3: Striking and fielding	Games Unit 4: Invasion games	Athletics Unit 1 Running Jumping Throwing	OAA Reading a map
Session 2 Suggested themes	Dance Unit 4: Volcanoes	Dance Unit 2: What a card	Gymnastics Unit T: Bridges	Athletics Unit 2 Jumping (height, length, control and consistency)	Dance Unit 3: City life	Gymnastics Unit V: Uses of limbs