**Seghill First School long term plan for PE cycle A**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 4** | Multi skills  Ball skills | Gymnastics  Dance | Multi skills  Ball skills | Gymnastics  Dance | Ball skills | Athletics |
| **Year 3** | Multi skills  Ball skills | Gymnastics  Dance | Gymnastics  Dance | Hula hooping  Multi skills | Ball skills | Athletics |
| **Year 2** | Dance – Penguin small | Gymnastics – floor | Football | | Multi-skills | Skipping |
| **Year 1** | Dance – Penguin small | Gymnastics – floor | Football | | Multi-skills | Skipping |

**Seghill First School long term plan for PE cycle B**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 4** | Dance  Ball skills | Gymnastics  Multi skills | Gymnastics  Multi skills | Dance  Ball skills | Invasion games | Athletics |
| **Year 3** | Dance  Ball skills | Gymnastics  Multi skills | Gymnastics  Multi skills | Dance  Ball skills | Invasion games | Athletics |
| **Year 2** | Dance | Gymnastics - apparatus | Basketball | | Multi-skills | Hula hooping |
| **Year 1** | Dance | Gymnastics - apparatus | Basketball | | Multi-skills | Hula hooping |