

TIBBERTON PE LONG TERM PLAN

2022/23	Autumn		Spring		Summer	
	First half	Second half	First half	Second half	First half	Second half
LU	Fundamentals 2 YR	YR Dance Unit 2	Y1 Ball Skills	YR Gym Unit 2	Y1 Invasion	Y1 Athlete Unit
MU	Dance: Fire of London Team Building	Yoga Ball skills	Target games Gym	Fitness Dance	Gym Striking and fielding	Y1 Fundamentals Athletics
UU	Swim Gym (3)	Swim Fitness	Dance(3) Basketball	Yoga Hockey	Golf Athletics	OAA Tennis

2023/24	Autumn		Spring		Summer	
	First half	Second half	First half	Second half	First half	Second half
LU	Fundamentals 1 YR	Gym (JB)	Throwing and Catching (JB)	Dance Year 1 Unit	Gym Year 1 Unit 1	Outdoors - Team Games - defending and attacking
MU	Dance: Where the wild things are. Team Building	Ball Skills Gym: balances	Sending and Receiving Dance: Oceans and seas	Invasion Gym: Landscapes Rolling	Fitness Striking and fielding	Athletics Y2 Fundamentals
UU	Swim Gym (4)	Swim Dodgeball	Fundamentals Football	Dance (4) Netball	Tag Rugby Cricket	Athletics (4) Rounders