

The Florence Nightingale Academy

Long Term PE plan 2022/23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F1	Introduction to PE	Fundamental Skills	Movement and Space	Fundamental Skills (Kicking, hitting, rolling)	Fundamental Skills – Athletics (Running, jumping and throwing)	Athletics
F2	Commando Joe's Introduction to PE	Commando Joe's Fundamental Skills	Ballet Movement and Dance	Ballet Fundamental Games	Ballet Fundamental Games Athletics	Ballet Athletics
Year 1	Ballet Team Games	Ballet Gymnastics	Ballet Dance & Movement	Ballet Ball Skills	Ballet Athletics	Ballet Striking & Fielding Games
Year 2	Commando Joe's Invasion Games	Commando Joe's Dance & Movement	Commando Joe's Gymnastics	Commando Joe's Ball and Racket Skills	Commando Joe's Athletics	Commando Joe's Striking & Fielding Games

Year 3	Commando Joe's Target Games	Commando Joe's Gymnastics and Dance	Commando Joe's Invasion Games Netball	Commando Joe's OAA	Commando Joe's Athletics	Commando Joe's Striking & Fielding Games Rounders
Year 4	Commando Joe's Dance	Commando Joe's Fitness	Commando Joe's Gymnastics Partner Balances	Commando Joe's Invasion Games Football	Commando Joe's Athletics	Commando Joe's Striking & Fielding Games Cricket
Year 5	Commando Joe's Fitness	Commando Joe's Indoor Athletics	Commando Joe's Dance Breakdancing	Commando Joe's Swimming	Swimming Invasion Games Rugby	Commando Joe's Striking & Fielding Games Rounders
Year 6	Commando Joe's Invasion Games Handball	Commando Joe's Gymnastics Parkour	Commando Joe's Invasion Games Tchoukball	Commando Joe's Fitness	Commando Joe's Athletics	Commando Joe's Striking & Fielding Games Cricket & Rounders