



# Manor Drive

## Physical Education Curriculum



**Get Set 4  
Education**



## Whole-school definition of Physical Education

**Primary Physical Education (PE)** is a crucial part of the school curriculum for children, designed to develop physical competence, confidence, and enjoyment in movement. It promotes not only physical health and fitness but also supports emotional well-being, social skills, and cognitive development. Through a variety of activities—such as games, gymnastics, dance, athletics, and outdoor pursuits—children learn key values like teamwork, perseverance, and fair play, building the foundations for a healthy and active lifestyle.

***"Sport has the power to change lives. It can teach you so much about discipline, resilience, and teamwork."***

Dame Jessica Ennis-Hill, Olympic Heptathlon Champion



### Reception Physical Education Long Term Plan

Spring 1	Spring 2	Summer 1	Summer 2
Fundamentals – Unit 1	Gymnastics – Unit 1	Dance – Unit 1	Games – Unit 1

### Year 1/2 Physical Education Long Term Plan

#### Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Outdoor</b>	Fundamentals	Ball Skills	Sending & Receiving	Net & Wall	Striking & Fielding	Athletics
<b>Indoor</b>	Fitness	Gymnastics (lessons 1-6)	Dance (lessons 1-6)	Gymnastics (lessons 7-12)	Dance (lessons 7-12)	Yoga

#### Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Outdoor</b>	Fundamentals	Ball Skills	Sending & Receiving	Net & Wall	Striking & Fielding	Athletics
<b>Indoor</b>	Fitness	Gymnastics (lessons 1-6)	Dance (lessons 1-6)	Gymnastics (lessons 7-12)	Dance (lessons 7-12)	Yoga



## Year 3/4 Physical Education Long Term Plan

### Cycle A

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Outdoor</b>	Tag Rugby	Netball	Hockey	Tennis	Rounders	Athletics
<b>Indoor</b>	Dance (lessons 1-6)	Gymnastics (lessons 1-6)	Dance (lessons 7-12)	Gymnastics (lessons 7-12)	Fitness	Yoga

### Cycle B

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Outdoor</b>	Cricket	Basketball	Football	Tennis	Swimming	Athletics
<b>Indoor</b>	Dance (lessons 1-6)	Gymnastics (lessons 1-6)	Dance (lessons 7-12)	Gymnastics (lessons 7-12)	Fitness	Yoga