

## Norwich Road Academy – Long term for Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Climbing Balancing Negotiating spaces Kicking a ball Throwing through a hoop		Hitting a ball with a bat Throwing over arm Climbing steps one at a time Kicking a ball		Throwing under arm Hopping and skipping skills Parachute games	
<b>Reception</b>	Indoor: Yoga	Indoor: Gymnastics	Indoor: Fundamentals	Indoor: Dance	Outdoor (using indoor slot): Ball skills	Outdoor (using indoor slot): Games
<b>Year 1 / 2</b>	Indoor: Yoga Outdoor: Ball skills	Indoor: Gymnastics Outdoor: Invasion games	Indoor: Fundamentals Outdoor: Sending and receiving	Indoor: Dance Outdoor: Striking and fielding	Outdoor (using indoor slot): Team building Outdoor: Athletics	Outdoor (using indoor slot): Net and wall Outdoor: Ball skills
<b>Year 3</b>	Indoor: Yoga Outdoor: Football	Indoor: Gymnastics Outdoor: Tag rugby	Indoor: Fitness Outdoor: Netball	Indoor: Dance Outdoor: Cricket	Indoor: Swimming Outdoor: Athletics	Indoor: Swimming Outdoor: Rounders
<b>Year 4 / 5</b>	Indoor: Yoga (Year 5) Outdoor: Football  Swimming (Year 4)	Indoor: Gymnastics (Year 5) Outdoor: Tag rugby  Swimming (Year 4)	Indoor: Fitness Outdoor: Netball	Indoor: Dance Outdoor: Cricket	Outdoor (using indoor slot): OAA Outdoor: Athletics	Outdoor (using indoor slot): Tennis Outdoor: Rounders
<b>Year 6</b>	Indoor: Yoga Outdoor: Football	Indoor: Gymnastics Outdoor: Tag rugby	Indoor: Fitness Outdoor: Netball	Indoor: Dance Outdoor: Cricket	Outdoor (using indoor slot): OAA Outdoor: Athletics	Outdoor (using indoor slot): Tennis Outdoor: Rounders