

Lowbrook Academy

Physical and Emotional Health Long Term Plan

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EY1	Invasion games- Rugby Gymnastics	Invasion games- Football Gymnastics	Multi sports Dance	Netball Circuit Training	Athletics Cricket	Athletics Tennis
Year 1	Invasion games- Rugby Gymnastics	Invasion Games – Football Gymnastics	Hockey Dance	Netball Dance	Athletics Cricket	Athletics Tennis
Year 2	Invasion games- Rugby Gymnastics	Invasion Games – Football Gymnastics	Hockey Dance	Netball Dance	Athletics Cricket	Athletics Tennis
Year 3	Invasion games- Rugby Gymnastics	Invasion Games – Football Gymnastics	Hockey Dance	Netball Dance	Athletics Swimming	Athletics Swimming
Year 4	Invasion games- Rugby Dance/Gymnastics	Invasion Games – Football Dance/Gymnastics	Hockey Dance/Gymnastics	Netball Dance/Gymnastics	Athletics Cricket	Athletics Tennis
Year 5	Invasion games- Rugby Dance	Invasion Games – Football Dance	Hockey Gymnastics	Netball Gymnastics	Athletics Cricket	Athletics Tennis
Year 6	Invasion games- Rugby Dance	Invasion Games – Football Dance	Hockey Gymnastics	Netball Gymnastics	Athletics Cricket	Orienteering Tennis