

ST. MARK'S CATHOLIC PRIMARY SCHOOL
PE Long Term Plan

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Locomotion	Fine Motor Skills	Dance- Nursery Rhymes	Nursery - Gymnastics - Travelling, Stopping, and Making Shapes	Athletics	Under the Sea
Rec	Fundamental Movement Skills Beth Tweddle Gymnastics /Dance	Fine Motor Skills Beth Tweddle Gymnastics /Dance	Locomotion Net and Wall Game Skills	Locomotion Target Games	Invasion Games Skills Yoga	Athletics Striking & Fielding Game Skills
1	Fundamental Movement Skills Beth Tweddle Gymnastics /Dance	Fundamental Movement Skills Beth Tweddle Gymnastics /Dance	Locomotion Tri Golf	Invasion Game Skills Target Games	Swimming Yoga	Athletics Striking & Fielding Games Skills
2	Swimming Yoga	Fundamental Movement Skills Target Games	Invasion Game Skills Beth Tweddle Gymnastics /Dance	Tri Golf Beth Tweddle Gymnastics /Dance	Net & Wall Game Skills Yoga Storybook	Athletics Striking and Fielding Game Skills
3	Beth Tweddle Gymnastics /Dance	Swimming Yoga	Beth Tweddle Gymnastics /Dance Dodgeball	Tri Golf Badminton	Athletics Tennis	OAA Cricket

	Invasion Game Skills					
4	Badminton	Beth Tweddle Gymnastics /Dance	Swimming	Tri Golf	Athletics	OAA
	Invasion Game Skills	Handball	Yoga	Beth Tweddle Gymnastics/ Dance	Tennis	Rounders
5	Beth Tweddle Gymnastics /Dance	Beth Tweddle Gymnastics /Dance	Invasion Game Skills	Swimming	Athletics	OAA
	Volleyball	Danish Longball	Badminton	Yoga	Handball	Cricket
6	Beth Tweddle Gymnastics /Dance	Beth Tweddle Gymnastics /Dance	Invasion Game Skills 4	OAA	Athletics	Swimming
	Hockey	Handball	Badminton	Rounders	Tennis	Yoga

