

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

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery provision	Dough Disco Squiggle While You Wiggle Putting on aprons and waterproofs Filling and Pouring Ball Games and throwing Painting, sweeping, digging Bikes and Scooters Obstacle Courses		Dough Disco Squiggle While You Wiggle Putting on coats and jumpers Digging Ball Games and catching Transporting water Bikes and Scooters Obstacle Courses Den Building		Dough Disco Squiggle While You Wiggle Ball games and team games Digging Transporting water Bikes and scooters Den Building Obstacle Courses Introduction to PE (transition)	
Rec	Gymnastics/Dance (Gymfinity)	Gymnastics/Dance (Gymfinity)	Fundamental Movement Skills- Hop, Jump and Throw	Object Manipulation- Rolling, Striking, Bouncing and Throwing	Athletics- Throw, Jump and Run	Stability 2- Balancing and Dodging
Rec provision	Moving with music Putting on coats and aprons Moving and balancing Ball games: aiming Dough Disco Finger gym Scissor skills Developing pencil grip		Moving to the beat Putting on wellies and waterproofs Moving energetically Stopping and starting Transporting items including water (watering can, buckets etc) Exploring tools for different purposes (spade, rake etc) Letter formation		Moving creatively with music Balance Bikes and scooter skills Ball games with rules Developing handwriting and letter formation Using tools for the correct purpose (spades, rakes) Securing Pencil grip Letter formation (Letterjoin)	
1	Gymnastics/Dance (Gymfinity) Fundamental Movements 2-	Gymnastics/Dance (Gymfinity) Invasion Games (LFC Game On)	Target Games 2- Bouncing and Throwing a Ball Target Games- Tri	Yoga- Yoga Breathing and Poses Invasion Games Skills 1- Developing	Athletics- Throwing, Jumping and Running Net and Wall Games- Net and Wall Skills	Striking and Fielding- Striking and Fielding Skills OAA- Enrich Education,

	Throwing, Catching and Travelling		Golf	Basic Skills and Tactics		Team Building and Orienteering
2	Gymnastics/Dance (Gymfinity) Fundamental Movements 3- Ball Skills, Throwing and Catching	Gymnastics/Dance (Gymfinity) Invasion Games (LFC Game On)	Invasion Games Skills 2- Developing Basic Skills and Tactics Yoga- Yoga Breathing and Poses	Target Games 3- Underarm Throws, Striking, Punting and Aiming. Target Games- Tri Golf	Athletics- Throwing. Jumping and Running Net and Wall Games- Net and Wall Skills	Striking and Fielding- Striking and Fielding Skills OAA- Enrich Education, Team Building and Orienteering
3	Gymnastics/Dance (Gymfinity) Invasion Games- Basketball	Swimming	Gymnastics/Dance (Gymfinity) Health Related Fitness- Introduction To Health Related Fitness	Invasion Games- Hockey Target Games- Tri Golf	Athletics- Sprint, Hurdles, Long Jump, High Jump Triple Jump and Javelin Net and Wall Games- Tennis	OAA- Enrich Education, Team Building and Orienteering Striking and Fielding Games- Cricket
4	Invasion Games- Netball Health Related Fitness- Introduction To Health Related Fitness	Gymnastics/Dance (Gymfinity) Invasion Games (LFC Game On)	Swimming	Gymnastics/Dance (Gymfinity) Net and Wall Games- Dodgeball	Athletics- Sprint, Hurdles, Long Jump, High Jump Triple Jump and Javelin Net and Wall Games- Badminton	OAA- Enrich Education, Team Building and Orienteering Striking and Fielding- Rounders
5	Gymnastics/Dance (Gymfinity) Health Related Fitness- Running Stamina, Core Circuits, Fitness	Gymnastics/Dance (Gymfinity) Invasion Games (LFC Game On)	Target Games- Tri Golf Net and Wall Games- Badminton	Swimming	Athletics- Distance Running, Javelin, Shot Putt, Triple Jump, High Jump, Hurdles and Relays Net and Wall Games-	OAA- Enrich Education, Team Building and Orienteering Striking and Fielding- Cricket

	Circuits and Flexibility.				Volleyball	
6	Swimming	Invasion Games (LFC Game On) Health Related Fitness- Running Stamina, Core Circuits, Fitness Circuits and Flexibility.	Gymnastics/Dance (Gymfinity) Target Games- Tri Golf	Gymnastics/Dance (Gymfinity) Net and Wall Games- Badminton	Athletics- Distance Running, Javelin, Shot Putt, Triple Jump, High Jump, Hurdles and Relays Net and Wall Games- Dodgeball	OAA- Enrich Education, Team Building and Orienteering Striking and Fielding- Rounders

