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| **St Joseph’s RC Primary School****P.E. Long Term Plan** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery** | Dough DiscoFundamentals of movement throwing and catching | Dough DiscoCoordination, spatial, awareness and balancing | Dough DiscoFlexibility & different ways of moving | Dough DiscoDance and exploring movements, sequences & travelling | Dough DiscoDance and responding to music | Dough DiscoOutdoor games in preparation for sports day |
| **Reception** | Dance til you drop | Dance for nativity | Dinosaur dance | Jungle gymnastics | Gymnastics | Games |
| **Year 1** | FundamentalsMovement, dribbling & ball mastery | FundamentalsH-E-F coordination, throwing & catching | FundamentalsCoordination, strength & flexibility | Fundamentals & GamesInvasion – attacking principle | Fundamentals & GamesNon-invasion – net and wall or strike and field | Fundamentals & GamesNon-invasion – athletic performance |
| **Year 2** | FundamentalsMovement, dribbling & ball mastery | FundamentalsH-E-F coordination, throwing & catching | FundamentalsCoordination, strength & flexibility | Fundamentals & GamesInvasion – attacking principles | Fundamentals & GamesNon-invasion – net and wall or strike and field | Fundamentals & GamesNon-invasion – athletic performance |
| **Year 3** | FundamentalsMovement, dribbling & ball mastery | FundamentalsH-E-F coordination, passing & receiving  | FundamentalsCoordination, strength & flexibility | Fundamentals & GamesInvasion – attacking & defending principles | Fundamentals & GamesNon-invasion – net and wall or strike and field | Fundamentals & GamesNon-invasion – athletic performance |
| **Year 4** | Swimming | FundamentalsH-E-F coordination, passing & receiving  | Swimming | GamesInvasion – attacking & defending principles | Swimming | Fundamentals & GamesNon-invasion – athletic performance |
| **Year 5** | FundamentalsSkill application – movement and dribbling, ball mastery | FundamentalsH-E-F coordination, passing & receiving  | Coordination, strength & flexibility | GamesInvasion- conditioned games | GamesNon-invasion – net and wall or strike and field | Fundamentals & GamesNon-invasion – athletic performance |
| **Year 6** | FundamentalsSkill application – movement and dribbling, ball mastery | Water sports | FundamentalsCoordination, strength & flexibility | Water sports | GamesNon-invasion – net and wall or strike and field | Water sports |