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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 Disco  Fundamentals of movement throwing and catching | Dough Disco  Coordination, spatial, awareness and balancing | Dough Disco  Flexibility & different ways of moving | Dough Disco  Dance and exploring movements, sequences & travelling | Dough Disco  Dance and responding to music | Dough Disco  Outdoor games in preparation for sports day |
| **Reception** | Dance til you drop | Dance for nativity | Dinosaur dance | Jungle gymnastics | Gymnastics | Games |
| **Year 1** | Fundamentals  Movement, dribbling & ball mastery | Fundamentals  H-E-F coordination, throwing & catching | Fundamentals  Coordination, strength & flexibility | Fundamentals & Games  Invasion – attacking principle | Fundamentals & Games  Non-invasion – net and wall or strike and field | Fundamentals & Games  Non-invasion – athletic performance |
| **Year 2** | Fundamentals  Movement, dribbling & ball mastery | Fundamentals  H-E-F coordination, throwing & catching | Fundamentals  Coordination, strength & flexibility | Fundamentals & Games  Invasion – attacking principles | Fundamentals & Games  Non-invasion – net and wall or strike and field | Fundamentals & Games  Non-invasion – athletic performance |
| **Year 3** | Fundamentals  Movement, dribbling & ball mastery | Fundamentals  H-E-F coordination, passing & receiving | Fundamentals  Coordination, strength & flexibility | Fundamentals & Games  Invasion – attacking & defending principles | Fundamentals & Games  Non-invasion – net and wall or strike and field | Fundamentals & Games  Non-invasion – athletic performance |
| **Year 4** | Swimming | Fundamentals  H-E-F coordination, passing & receiving | Swimming | Games  Invasion – attacking & defending principles | Swimming | Fundamentals & Games  Non-invasion – athletic performance |
| **Year 5** | Fundamentals  Skill application – movement and dribbling, ball mastery | Fundamentals  H-E-F coordination, passing & receiving | Coordination, strength & flexibility | Games  Invasion- conditioned games | Games  Non-invasion – net and wall or strike and field | Fundamentals & Games  Non-invasion – athletic performance |
| **Year 6** | Fundamentals  Skill application – movement and dribbling, ball mastery | Water sports | Fundamentals  Coordination, strength & flexibility | Water sports | Games  Non-invasion – net and wall or strike and field | Water sports |