

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 -	Water sports	Fundamentals Coordination,	Water sports	Games Non-invasion - net	Water sports

	movement and dribbling, ball mastery		strength & flexibility		and wall or strike and field	
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