



# Sacred Heart Catholic Primary School PE Long Term Plan



	Autumn 1 <sup>st</sup> Half	Autumn 2 <sup>nd</sup> Half	Spring 1 <sup>st</sup> Half	Spring 2 <sup>nd</sup> Half	Summer 1 <sup>st</sup> Half	Summer 2 <sup>nd</sup> Half
Year 1	Games: Fundamental movement skills – agility, balance, running, jumping Games: Co-ordination Skills – throwing, catching, stopping, kicking & using a variety of equipment	Gym  Dance	Dance  Gym	Gym  Dance	Archery  Games: Multi-Skills	Games: Bat and Ball Skills  Games: Multi-skills
Year 2	Games: Fundamental movement skills – agility, balance, running, jumping Games: Co-ordination Skills – throwing, catching, stopping, kicking & using a variety of equipment	Gym  Dance	Dance  Gym	Gym  Dance	Archery  Games: Multi-Skills	Games: Bat and Ball Skills  Games: Multi-skills
Year 3	Games: Football/ High Five  Athletics	Gym  Dance	Dance  Gym	Gym  Games	Games: Tennis  Games: Football/ High Five	Games: Striking & Fielding  Athletics
Year 4	Games: Football/ High Five  Athletics	Gym  Dance	Dance  Gym	Gym  Games	Games: Tennis  Games: Football/ High Five	Games: Striking & Fielding  Athletics
Year 5	Games: Football/ High Five  Athletics	Gym  Dance	Dance  Gym	Gym  Games	Games: Lacrosse  Games: Football/ High Five	Games: Striking & Fielding  Athletics
Year 6A	Games: Football/ High Five  Athletics	Gym  Dance	Dance  Gym	Gym  Games	Games: Lacrosse  Games: Football/ High Five	Games: Striking & Fielding  Athletics
Year 6B	Games: Football/ High Five  Athletics	Gym  Dance	Dance  Gym	Gym  Games	Games: Lacrosse  Games: Football/ High Five	Games: Striking & Fielding  Athletics

Premier Sports

Sacred Heart