



Sacred Heart Catholic Primary School PE Long Term Plan



	Autumn 1 st Half	Autumn 2 nd Half	Spring 1 st Half	Spring 2 nd Half	Summer 1 st Half	Summer 2 nd Half
Year 1 and 2 A	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 1 and 2 B	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 & 4 A	Games: Football/ High Five Athletics	Gym Dance	Dance Gym	Gym Games	Games: Tennis Games: Football/ High Five	Games: Striking & Fielding Athletics
Year 3 & 4 B	Games: Football/ High Five Athletics	Gym Dance	Dance Gym	Gym Games	Games: Tennis Games: Football/ High Five	Games: Striking & Fielding Athletics
Year 5/6 A	Games: Football/ High Five Athletics	Gym Dance	Dance Gym	Gym Games	Games: Lacrosse Games: Football/ High Five	Games: Striking & Fielding Athletics
Year 5/6 B	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