

St Michael and All Angels Catholic Primary School
PE Long Term Plan

EYFS & Key Stage 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2	Fundamentals		Gymnastics Dexterity Activities		Dance Aiming and Kicking	Athletics
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games	Gymnastics	Gymnastics	Dance	Games	Athletics
	Dance	Dexterity Activities	Multi skills Games Throwing and Catching	Multi skills Games Striking and Fielding	Outdoor and Adventurous Activities	Aiming and Kicking
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Games	Gymnastics	Gymnastics	Dance	Games	Athletics
	Dance	Dexterity	Multi skills Throwing and Catching	Multi skills Striking and Fielding	Outdoor and Adventurous Activities	Aiming and Kicking

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Key Stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Hockey	Gymnastics	Dodge Ball	Sports Hall Athletics	Cricket	Frisbee
	Multi Skills (Focus on basic skills such as skipping/ hop scotch/ bikability/ coordination/ throwing and catching etc)	Yoga		Tennis	Danish Long Ball	Tri Golf
	Tag Rugby	Basketball/Netball Kinball	Dance/Cheerleading Quidditch	OAA and Orienteering	Rounders Baseball	Football
Theory	Health & Fitness Components - Explain the different components of fitness and how they can be applied to different sports. Speed, agility, strength & power, endurance, flexibility, reaction time, co-ordination					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Hockey	Gymnastics	Dodge Ball	Sports Hall Athletics	Cricket	Frisbee
	Multi Skills (Focus on basic skills such as skipping/ hop scotch/ bikability/ coordination/ throwing and catching etc)	Yoga		Tennis	Danish Long Ball	Tri Golf
	Tag Rugby	Basketball/Netball Kinball	Dance/Cheerleading Quidditch	OAA and Orienteering	Rounders Baseball	Football
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Theory	Energy System - Understand where our energy comes from, how our bodies store energy, and how our bodies use energy during physical activity. Understand that food contains calories that provide us with energy and that high energy intake and low energy output increases the fat stored in the body around organs and under the skin. Make links to food groups and healthy snack/meal/drink choices					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Hockey	Gymnastics	Dodge Ball	Sports Hall Athletics	Cricket	Frisbee
	Multi Skills	Yoga			Danish Long Ball	Tri Golf

	(Focus on basic skills such as skipping/ hop scotch/ bikability/ coordination/ throwing and catching etc)			Tennis		
	Tag Rugby	Basketball/Netball Kinball	Dance/Cheerleading Quidditch	OAA and Orienteering	Rounders Baseball	Football
Theory	Musculoskeletal System - Understand the long-term effects of physical activity on the bones and muscles. (E.g. increased density / thickness, growth). Understand how muscles, bones & joints work together to produce movement					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Hockey	Gymnastics	Dodge Ball	Sports Hall Athletics	Cricket	Frisbee
	Multi Skills (Focus on basic skills such as skipping/ hop scotch/ bikability/ coordination/ throwing and catching etc)	Yoga		Tennis	Danish Long Ball	Tri Golf
	Tag Rugby	Basketball/Netball Kinball	Dance/Cheerleading Quidditch	OAA and Orienteering	Rounders Baseball	Football
Theory	Circulatory System - Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood. Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Competitions	Basketball Tag Ruby Cross Country	Basketball Boccia Table Tennis Sports Hall Athletics Kinball	Hockey Dodgeball Benchball Dance	Orienteering Netball Tag Rugby	Cricket Rounders	Tennis Football Tri Golf
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Extra-curricular	Football Dodgeball Cross Country Circuits Gymnastics	Football Benchball Table Tennis Basketball/Netball Kinball Gymnastics	Football Dodgeball Hockey Dance Gymnastics	Football Benchball Tennis Gymnastics	Football Athletics Rounders Gymnastics	Football Cricket Tri Ball Gymnastics