Holy Cross Catholic Primary School

PE Long Term Plan

Year		PE 1		PE 2	PE 3	PE 4	PE 5	PE 6
Nursery		**Physical Development:** Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers.						
R	a	**Gross Motor Skills ELG:** Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.						
	b					Forest School (whole class)		
1	a	SAQ / Dance – Val Sabin Unit 1/2		Gymnastics	'Games skills' (throwing, catching, kicking) Team based activities	Dance - Val Sabin Unit 3/4	'Games' (Striking and hitting) Team based activities	Athletics
	b	Forest School throughout the year + continuous provision throughout the year.						
2	a	Dance-Val Sabin Unit 1		Gymnastics	Gymnastics	'Games skills' (throwing, catching, kicking) Team based activities	Games-Quik Cricket	Athletics
	b	SAQ/Athletics		Dance - Val Sabin Unit 2	Dance - Val Sabin Unit 3	Gymnastics	Gymnastics	Dance – Val Sabin 4
	b	Forest School (half class alternate weeks)						
3	a	Athletics		Gymnastics	Games-Badminton	Games-Basketball	Games-Cricket	Athletics
	b	OAA	Fitness	Dance –Val Sabin Unit 1/2	Dance-Val Sabin Unit 3/4	Gymnastics	Games- Tag Rugby	Games-Rounders
4	a	Dance – Val Sabin Year 4		Gymnastics	Games-Badminton	Games-Basketball	Athletics	Games - Cricket
	b	Swimming						
5	a	Athletics		Gymnastics	Games- Tennis	Games-Netball	Athletics	Games – Football
	b	OAA	Fitness	Games-Hockey	Dance- Val Sabin Unit 1/2	Gymnastics	Dance- Val Sabin Unit 3/4	Games – Rounders
6	a	Athletics		Gymnastics	Games-Tennis	Games-Netball	Athletics	Games – Football
	b	OAA	Fitness	Games-Hockey	Dance – Val Sabin Unit 1/2	Gymnastics	Dance-Val Sabin Unit 3/4	Games-Rounders

Games:
net/wall
striking and fielding
Invasion