

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		Athletics	Gymnastics	'Games skills' (throwing, catching, kicking) Team based activities	'Games' (Striking and hitting) Team based activities	Athletics
	Dance – Val Sabin Unit 2							
	b	Forest School throughout the year + <u>continuous provision throughout the year.</u>						
2	a	Dance-Val Sabin Unit 1		Gymnastics	Gymnastics	'Games skills' (throwing, catching, kicking) Team based activities	Games-Quik Cricket	Athletics
	b	SAQ/Athletics		Athletics	Dance - Val Sabin Unit 3	Gymnastics	Gymnastics	Dance – Val Sabin 4
	b	Forest School (half class alternate weeks)						
3	a	Athletics		Dance-Val Sabin Unit 3	Games-Badminton	Games-Basketball	Games-Cricket	Athletics
	b	OAA	Fitness	Athletics	Gymnastics	Gymnastics	Games- Tag Rugby	Games-Rounders
4	a	Dance – Val Sabin Unit 2		Gymnastics	Games-Badminton	Games-Basketball	Athletics	Games - Cricket
	b	Swimming						
5	a	Athletics		Dance- Val Sabin Unit 3	Gymnastics	Games-Netball	Athletics	Games – Football
	b	OAA	Fitness	Athletics	Games-Hockey	Gymnastics	Games- Tennis	Games – Rounders
6	a	Athletics		Dance-Val Sabin Unit 1	Gymnastics	Games-Netball	Athletics	Games – Football
	b	OAA	Fitness	Athletics	Games-Hockey	Gymnastics	Games-Tennis	Games-Rounders

Games:

net/wall

striking and fielding

Invasion