



St Winefride’s Catholic Primary School - Long Term PE Plan

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Reception	<ul style="list-style-type: none"> ❖ Movement and Space ❖ Controlling our bodies ❖ Stretching and curling ❖ Correctly handling a pencil to write and draw with ❖ Correctly handling scissors to cut with 		<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <ul style="list-style-type: none"> ❖ Demonstrate strength, balance and coordination when playing. ❖ Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing. ❖ Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. ❖ Use a range of small tools, including scissors, paintbrushes, and cutlery 		<ul style="list-style-type: none"> ❖ 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. ❖ Physical development - Gross Motor. ❖ Sports Day events and skills required to take part in a race and to do this competitively. 	
Year 1	<p>Dance unit 1:</p> <ul style="list-style-type: none"> • Streamers • Conkers <p>Playing with a Ball</p> <p>Games: Throwing and catching</p>	<p>Gymnastics unit D:</p> <ul style="list-style-type: none"> • Flight <p>Bouncing, Jumping, Landing</p> <p>Games: Traveling with a ball and playing invasion games.</p>	<p>Dance unit 2:</p> <ul style="list-style-type: none"> • March, March, March • Jack and the Beanstalk <p>Dance unit 3:</p> <ul style="list-style-type: none"> • Fog and Sunshine 	<p>Gymnastics unit E:</p> <ul style="list-style-type: none"> • Points and Patches <p>Gymnastics unit F:</p> <ul style="list-style-type: none"> • Rocking and Rolling 	<p>Finish Dance unit 3:</p> <ul style="list-style-type: none"> • Fog and Sunshine • Washing Day • Handa’s Surprise <p>Dance unit 4:</p>	<p>Gymnastics unit G:</p> <p>Wide, narrow, curled</p> <p>Athletics: Field events – throwing/ jumping.</p>

			<ul style="list-style-type: none"> • Washing Day • Handa's Surprise <p>Games: Utilising space and attacking and defending.</p>	Games: Striking a ball	<ul style="list-style-type: none"> • The Rainbow Fish • We're Going on a Bear Hunt <p>Athletics: Competing in races.</p>	
Year 2	Bat and Ball Skills	Gymnastics Floor work	Gymnastics – Apparatus	Invasion Games	Athletics *Swimming	Athletics/ Sports' Day *Swimming
Year 3	Invasion Games – Hockey/ Rugby/ basketball/ football *Swimming	Gymnastics Floor work *Swimming	Gymnastics – Apparatus	Striking and Fielding – Rounders/ Cricket	Athletics *Swimming	Athletics/ Sports' Day *Swimming
Year 4			*Swimming	*Swimming Outdoor Adventure Activities (Barnstondale).		
Year 5	Invasion Games – Hockey/ Tag Rugby/ Basketball *Swimming	Gymnastics – Floor work *Swimming	Gymnastics – Apparatus	Circuits - Boxercise	Striking and Fielding – Rounders and Cricket	Athletics/ Sports' Day
Year 6	Invasion Games: Basketball and Hockey	Invasion Games: Tag Rugby and Football	Circuits – Boxercise *Swimming	Striking and Fielding – Tennis *Swimming	Striking and Fielding – Rounders and Cricket	Athletics/ Sports' Day

		Gymnastics – Floor work				
		*Outdoor Adventure Activities (Conway Residential)				