



St Joseph's RC Primary School Physical Education Long Term Plan

	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
YF5	FMS (MOVE)	ANIMAL YOGA	GYMNASTICS	MOVEMENT TO MUSIC	STORY BOOK SPORTS	INTRO TO GAMES (MOVE)	FMS (PLAY)	BEING ON TARGET	INTRO TO RACKET / BAT SKILLS	INTRO TO GAMES (COMP)	SPORTS DAY EVENTS	FMS (COMP)
YEAR 1	FMS (MOVE)	JUNGLE YOGA	GYMNASTICS	MOVEMENT TO MUSIC	INTRO TO GAMES (MOVE)	SKILLS DEVELOPMENT	FMS (PLAY)	INTRO TO GAMES (COMP)	INTRO TO RACKET / BAT SKILLS	INTRO TO STRIKING AND FIELDING	SPORTS DAY EVENTS	FMS (COMP)
YEAR 2	FMS (MOVE)	JUNGLE YOGA	GYMNASTICS	MOVEMENT TO MUSIC	FMS (PLAY)	INTRO TO GAMES	FMS (COMP)	INTRO TO NET AND WALL	INTRO TO RACKET / BAT SKILLS	INTRO TO STRIKING AND FIELDING	SPORTS DAY EVENTS	JAG TAG
YEAR 3	INVASION GAMES (PLAY)	YOGA	GYMNASTICS	DANCE	INVASION GAMES (COMP)	TARGET GAMES / HANDBALL / DODGEBALL	NET AND WALL GAMES (PLAY)	STRIKING AND FIELDING GAMES (PLAY)	NET AND WALL GAMES (COMP)	STRIKING AND FIELDING (COMP)	ATHLETICS	JAG TAG

YEAR 4	INVASION GAMES (PLAY)	YOGA	GYMNASTICS	DANCE	INVASION GAMES (COMP)	TARGET GAMES / HANDBALL / DODGEBALL	NET AND WALL GAMES (PLAY)	STRIKING AND FIELDING GAMES (PLAY)	NET AND WALL GAMES (COMP)	STRIKING AND FIELDING (COMP)	ATHLETICS	JAG TAG
YEAR 5	TENNIS	HOCKEY	GYMNASTICS	DANCE	FOOTBALL/ HANDBALL	DODGEBALL	BASKETBALL	NETBALL	CRICKET	ROUNDERS	ATHLETICS	TAG RUGBY / JAG TAG
YEAR 6	TENNIS	HOCKEY	GYMNASTICS	DANCE	FOOTBALL/ HANDBALL	DODGEBALL	BASKETBALL	NETBALL	CRICKET	ROUNDERS	ATHLETICS	TAG RUGBY / JAG TAG