



PE Long Term Plan - Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Crawl, walk, run	Balancing	Dance	Hop, Skip and Jump	Ball skills	Movement
Reception	Introduction into P.E.	Dance	Fundamentals	Gym	Ball Skills	Games
Year 1/2	Multi-skills*	Gym *	Team Building	Invasion	Football*	Striking and fielding
Year 3/4	Yoga	Football*	Tag rugby Swimming	Fundamentals	Tennis	Athletics
Year 5/6	Rugby	Gym	Dance*	Netball	Cricket	Athletics

PE Long Term Plan – Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Crawl, walk, run	Balancing	Dance	Hop, Skip and Jump	Ball skills	Movement
Reception	Introduction into PE.	Dance	Fundamentals	Gym	Ball Skills	Games
Year 1/2	Fundamentals	Dance	Ball Skills	Yoga	Send and Receive	Athletics
Year 3/4	Dance	Hockey	Gym Swimming	Cricket	Outdoor Adventurous Activities	Rounders
Year 5/6	Yoga	Hockey	Dodgeball	Basketball	Outdoor Adventurous Activities	Rounders

KS1 programmes of study

Agility balance and co-ordination

running, jumping, throwing and catching

attacking and defending

dance

KS2 Programmes of study

running, jumping, throwing and catching

attacking and defending

flexibility, strength, technique, control and balance

outdoor and adventurous activities- team building, problem solving

dance techniques

Swimming

*Indicates that no planning is currently in place.

<https://www.birminghamcatholicsports.co.uk/>. We should join this association and then a calendar of activities will be available to us.

After-school Clubs (Summer Term)

Tuesday – Girls Football – Stephen

Wed – Girls Football – Ellie Dance – Class Act

Thurs – Multi-skills KS1 – Stephen