



Sacred Heart RC Primary School
'Where Every Heart is Sacred'
Subject: Physical Education Long Term Plan



	Autumn 1 <i>Family and Community</i>	Autumn 2 <i>Dignity of the human person</i>	Spring 1 <i>Dignity of work</i>	Spring 2 <i>Option for the poor and vulnerable</i>	Summer 1 <i>Stewardship</i>	Summer 2 <i>Rights and responsibilities</i>
Nursery	Dance (1) - movement, reciproprocation and performance	Dance (2) - movement, reciproprocation and performance	Gymnastics (1)- awareness of space, movement and using apparatus	Gymnastics (2)- awareness of space, movement and using apparatus	Games (1)	Fundamentals (1) and Sports Day Preparation
Reception	Dance (1) - movement, reciproprocation and performance	Dance (2) - movement, reciproprocation and performance	Gymnastics (1)- awareness of space, movement and using apparatus	Gymnastics (2)- awareness of space, movement and using apparatus	Games (1)	Fundamentals (1) and Sports Day Preparation
Year 1	Ball Skills Dance	Developing balance, co-ordination and agility Invasion (Futsal)	Gymnastics Net and Wall (Tennis)	Team Building Yoga	Striking and fielding (Rounders) Fitness	Athletics Sports Day Practise
Year 2	Ball Skills Dance	Developing balance, co-ordination and agility Invasion (Futsal)	Gymnastics Net and Wall (Tennis)	Team Building Yoga	Striking and fielding (Rounders) Fitness	Athletics Sports Day Practise
Year 3	Invasion (Netball and Futsal A) Invasion (Handball and Hockey B)	Yoga and Fitness Training Develop flexibility, Strength, Technique and Control	Gymnastics Invasion (Handball A) Invasion (Football B)	Dance OAA	Net and Wall (Tennis) Sportshall Athletics	Athletics Striking and Fielding (Cricket A) Striking and Fielding (Rounders B)
Year 4	Invasion (Netball and Futsal A) Invasion (Handball and Hockey B) Swimming	Yoga and Fitness Training Develop flexibility, Strength, Technique and Control	Gymnastics Invasion (Handball A) Invasion (Football B) Swimming	Dance OAA Swimming	Net and Wall (Tennis) Sportshall Athletics	Athletics Striking and Fielding (Cricket A) Striking and Fielding (Rounders B)
Year 5	Invasion (Field Hockey A Tag Rugby B) Yoga	Invasion (Basketball A Football B) and Fitness Training Develop flexibility, Strength, Technique and Control	Gymnastics Invasion (Dodgeball A) Invasion (Netball B)	OAA Indoor Athletics	Athletics (Track and Field) Dance Swimming	Net and Wall (Badminton A) (Volleyball B) Striking and Fielding (Rounders A)(Cricket B)
Year 6	Invasion (Field Hockey A Tag Rugby B) Yoga	Invasion (Basketball A Football B)and Fitness Training Develop flexibility, Strength, Technique and Control	Gymnastics Invasion (Dodgeball A) Invasion (Netball B)	OAA Indoor Athletics	Athletics (Track and Field) Dance Swimming	Net and Wall (Badminton A) (Volleyball B) Striking and Fielding (Rounders A) (Cricket B) Swimming