



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



	Autumn 1 Family and Community	Autumn 2 Dignity of the human person	Spring 1 Dignity of work	Spring 2 Option for the poor and vulnerable	Summer 1 Stewardship	Summer 2 Rights and responsibilities
Nursery	Introduction to PE: Unit 1	Fundamentals (1)	Dance (1)	Gymnastics (1)	Games (1)	Ball Skills (1) Sports Day Preparation
Reception	Introduction to PE: Unit 2	Fundamentals (2)	Dance (2)	Gymnastics (2)	Games (2)	Ball Skills (2) Sports Day Preparation
KS1 Cycle A and B	Fundamentals Team Building	Dance Invasion (Futsal)	Gymnastics Net and Wall (Tennis)	Ball Skills Yoga	Striking and fielding Fitness	Target Games Sports Day Practice
LKS2 Cycle A	Invasion: Netball Dance	Yoga Team Games: Dodgeball	Gymnastics Invasion: Handball	Fitness Training Outdoor Adventurous Activities	Net and Wall: Tennis Fundamentals	Athletics Striking and Fielding: Cricket
LKS2 Cycle B	Invasion-Football Dance Swimming (Class 6)	Yoga Team Games: Tag Rugby Swimming (Class 6)	Gymnastics Invasion: Basketball	Fitness Training Outdoor Adventurous Activities	Net and Wall: Tennis Fundamentals	Athletics Striking and Fielding: Rounders
UKS2 Cycle A	Invasion: Netball Yoga	Team Games: Dodgeball Fitness Training	Gymnastics Invasion: Basketball Swimming (Class 5)	Outdoor Adventurous Activities Net and Wall: Badminton Swimming (Class 5)	Athletics Dance	Net and Wall: Tennis Striking and Fielding: Cricket
UKS2 Cycle B	Invasion : Field Hockey Yoga	Team Games: Tag Rugby Fitness Training	Gymnastics Invasion: Football	Outdoor Adventurous Activities Net and Wall: Volleyball	Athletics Dance Swimming (C8/9 Non-swimmers)	Net and Wall: Tennis Striking and Fielding: Rounders Swimming (C8/9 Non-swimmers)

