

St Thomas More Primary School Physical Education Long Term Plan



PE Focus	NURSERY	RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Autumn Term 1	Introduction to PE: Unit 1	Introduction to PE: Unit 2	Team Building Fitness	Team Building Fitness	Fundamentals Hockey	Swimming Hockey	Fitness Tag Rugby	Sports Leader Training Handball
Autumn Term 2	Ball Skills: Unit 1	Ball Skills: Unit 2	Ball Skills Invasion Games	Invasion Games Ball Skills	Fitness Handball	Swimming Tag Rugby	Dance Hockey	Hockey Tag Rugby
Spring Term 1	Fundamentals: Unit 1	Fundamentals: Unit 2	Fundamentals Gymnastics	Fundamentals Gymnastics	Gymnastics Ball Skills	Swimming Gymnastics	OAA Sports Hall Athletics	Fitness Sports Hall Athletics
Spring Term 2	Dance: Unit 1	Dance: Unit 2	Target Games Dance	Sending and Receiving Dance	Tennis Dance	Swimming Tennis	Tennis Gymnastics	Tennis Netball
Summer Term 1	Gymnastics: Unit 1	Gymnastics: Unit 2	Net and Wall Games Sending and Receiving	Net and Wall Games Target Games	Cricket Core and stability skills	Swimming Cricket	Cricket Badminton	Cricket Volleyball
Summer Term 2	Games: Unit 1	Games: Unit 2	Striking and Fielding Games Athletics	Striking and Fielding Games Athletics	OAA Athletics	Swimming Athletics	Rounders Athletics	Rounders Athletics