

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 Ball Skills	Swimming Hockey	Fitness Hockey	Sports Leader Training Hockey
Autumn Term 2	Ball Skills: Unit 1	Ball Skills: Unit 2	Ball Skills Invasion Games	Invasion Games Ball Skills	Fitness Rugby	Swimming Rugby	Dance Rugby	Rugby Sports Hall Athletics
Spring Term 1	Fundamentals: Unit 1	Fundamentals: Unit 2	Fundamentals Gymnastics	Fundamentals Gymnastics	Gymnastics Handball	Swimming Gymnastics	OAA Sports Hall Athletics	Fitness Handball
Spring Term 2	Dance: Unit 1	Dance: Unit 2	Target Games Dance	Sending and Receiving Dance	Tennis Dance	Swimming Tennis	Tennis Gymnastics	Netball Dance
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 Tennis