



St Joseph's PE Long-term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FY	Physical development assessment/Travelling		Ball skills	Gymnastics	Tennis	Athletics
Y1	Balancing, throw and catch skills	Gymnastics	Dance	Football	Tennis	Athletics
Y2	Gymnastics (Gymnastic Positions and jumps) Team Games	Gymnastics (balances and sequences) Hockey	Dance Basketball	Gymnastics (Travelling and Sequences) Tennis	Dance Athletics	Gymnastics (Gymnastic Positions and jumps) Team Games
Y3	Dance Games- Hockey	Dance Games- Hockey	Games– Tennis Games– Netball	Gymnastics Games– Football	Dance Games- Basketball	Athletics
Y4	Gymnastics (Sequences and balances) Basketball	Dance (Dancing to different roles of a character) Football	Team Games Hockey	Team games Netball	Dance Rounders	Athletics Tri Golf
Y5	Games Netball	Dance Football	Gymnastics Swimming	Tennis Swimming	Athletics Tag Ruby	Athletics
Y6	Swimming Football	Swimming Gymnastics	Tag Rugby	Hockey Tennis	Athletics Rounders	Cricket Athletics