



St. Werburgh's C.E. Primary School

Physical Education (P.E.) Curriculum Long Term Plan 2021-22

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Gross motor movement	Manipulation of objects	Hand-eye co-ordination & object control	Body shape development	Games play development	Sports Day skills
	Gross motor movement	Manipulation of objects	Hand-eye co-ordination & object control	Body shape development	Games play development	Sports Day skills
Year 1	Games-Ball skills (with a focus on sending and receiving)	Games-Football (with a focus on team work, attacking and defending)	Gymnastics (apparatus)	Gymnastics (floor work)	Athletics (with a focus on throwing and catching)	Athletics (with a focus on running and jumping)
	Dance	Games-Ball skills (with a focus on throwing and catching)	Games-Netball (with a focus on team work, attacking and defending)	Games-ABC's <ul style="list-style-type: none"> • Agility • Balance • Co-ordination 	Games-Bat and Ball skills (with a focus on coordination and agility)	Games-Soft Ball/ Kwik Cricket (with a focus on aiming, catching, throwing and team play)



Year 2	Games-Ball skills (with a focus on sending and receiving)	Games-Ball skills (with a focus on throwing and catching)	Gymnastics (apparatus)	Gymnastics (floor work)	Athletics (with a focus on throwing and catching)	Athletics (with a focus on running and jumping)
	Dance	Games-Netball (with a focus on team work, attacking and defending)	Games-Football/Tag Rugby (with a focus on team work, attacking and defending)	Games-ABC's <ul style="list-style-type: none"> • Agility • Balance • Co-ordination 	Games-Bat and Ball skills (with a focus on coordination and agility)	Games-Soft Ball/ Kwik Cricket (with a focus on aiming, catching, throwing and team play)
Year 3	OAA	Dance	Gymnastics (with a focus on floor work)	Swimming	Net & Wall-Tennis	Athletics
	Invasion Games-Football	Invasion Games-Netball	Net and Wall- <u>Dodge Ball</u>	Invasion Games-Tag Rugby	Striking and Fielding-Kwik Cricket	Striking and fielding- Rounders



Year 4	OAA	Dance	Gymnastics (with a focus on floor work).	Invasion Games- Tag Rugby	Striking and Fielding-Kwik Cricket	Athletics
	Invasion Games- Football	Invasion Games- Netball	Swimming	Net and Wall- Tennis	Invasion Games - Basketball	Striking and fielding- Rounders
Year 5/6	Invasion Games- Football	Gymnastics (with a focus on floor work).	Dance	Net and Wall- Volleyball	Invasion Games- Hockey	Athletics
	Swimming	Invasion Games-Tag Rugby	Net and Wall-Tennis	Striking and Fielding- Kwik Cricket	Striking and fielding- Rounders	

*Year group specific sport