St Michael's Primary School

PE: long term planning

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fine motor skills	Dance	Locomotion 1	Stability 1	Target games 1	Yoga
Reception	Fundamental movement skills	Gymnastics Rocking and rolling	Dance	Gymnastics Flight – bouncing, jumping & landing	Locomotion 2	Athletics Target games
Year 1	Object manipulation	Net & wall skills	Invasion skills	Target games	Athletics	Striking and fielding
	Dance	Gymnastics balancing and spinning on points & patches	Dance	Gymnastics wide, narrow & curled rolling & balancing	Dance	Gymnastics pathways long & small
Year 2	Target games	Net and wall skills	Invasion games	Tri golf	Athletics	Striking & fielding
	Dance	Gymnastics Stretching, curling, arching	Dance	Gymnastics spinning, turning & twisting	Yoga	Gymnastics pathways straight, zigzag & curving
Year 3	Dodgeball	Lacrosse	Football	OAA	Cricket	Athletics
	Gymnastics linking movements together	Dance	Netball	Gymnastics receiving body weight	Dance	Tennis
Year 4	Hockey	Basketball	Badminton	Gymnastics pushing & pulling	Rounders	Athletics
	Handball	Gymnastics - arching & bridges	Dance	Swimming	Swimming	Swimming
Year 5	Athletics	Netball	Health Related Fitness	Volleyball	Danish longball	Tennis
	Tag rugby	Gymnastics partner work over & under	Football	Gymnastics matching, mirroring & contrast	Dance	Leadership
Year 6	Skittleball	Gymnastics counter balance & counter tension	Dodgeball	Health Related Fitness	Cricket	Rounders
	Athletics	Basketball	Dance	OAA	Gymnastics group sequencing	Flag football

"The seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop." – Luke 8:15