

St Mary's Primary School

Long Term PE Plan 2022/23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Real PE: The birthday surprise Co-ordination, static balance – one leg standing.	Real PE: Pirates dynamic balance to agility, static balance - seated	Real PE: Trains Dynamic balance, static balance – small base	Real PE: clowning around/Wendy's water ski Coordination – ball skills, counter balance - pairs	Real PE: Ringo to the rescue/John and Jasmine learn to juggle. Coordination with equipment, agility – reaction/response	Real PE: Sammy squirrel noting nuts/Caspar the very clever cat. Agility – ball chasing, static balance – floor work
Year 1	OAA - Team Building Fundamental Skills	Yoga/real PE Ball skills	Gymnastics Sending and receiving skills	Sending and receiving Dance	Athletics Target games skills	Striking and fielding Invasion game skills
Year 2	OAA - Team Building Fundamental Skills	Yoga/Real PE Sending and receiving skills	Dance Ball skills	Gymnastics Target Games skills	Striking and fielding (cricket/rounders) Invasion game skills	Athletics Sending and receiving
Year 3	OAA Swimming	Dance/gymnastics Swimming	Ball Skills Swimming	Striking and fielding Swimming	Athletics Swimming	Rounders Swimming
Year 4	Dance/gymnastics (Topic link - Capoeira) Swimming	OAA Swimming	Fitness Swimming	Tennis Swimming	Basketball/Handball Swimming	Athletics Swimming
Year 5	Hockey Dodgeball	Football Gymnastics	Fitness Netball (Aiming and target - topic link - 1066)	OAA Dance	Volleyball/handball Rounders/striking and fielding	Athletics Yoga/Real PE
Year 6	Handball Dance	Tag Rugby Yoga/Real PE	OAA Gymnastics	Fitness Basketball	Badminton Cricket	Athletics Tri-Golf