



Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools

P.E : CURRICULUM : LONG TERM PLAN



	AUTUMN TERM	SPRING TERM	SUMMER TERM
Year 1	Games (Ball Skills & Games) Indoor Athletics Gymnastics (Flight – Bouncing, Jumping & Landing)	Games (Throwing & Catching) Gymnastics (Points and Patches) Dance	Dance Gymnastics (Rocking and Rolling) Outdoor Athletics
Year 2	Games (Throwing & Catching) Indoor Athletics Gymnastics (Pathways – Straight/zig-zag/curving)	Games (Aiming, Hitting & Kicking) Gymnastics (Turning, Spinning & Twisting) Dance	Dance Outdoor Athletics Gymnastics (Linking Movements Together)
Year 3	Indoor Athletics Games (Invasion Games) Gymnastics (Stretching, Curling & Arching)	Gymnastics (Symmetry and Asymmetry) Games (Net, Court & Wall) Dance	Outdoor Athletics Dance Games (Striking & Fielding)
Year 4	Indoor Athletics Games (Invasion Games) Gymnastics (Balance)	Gymnastics (Balance / Travel / Direction) Games (Net, Court & Wall) Dance	Summer Athletics Dance Games (Striking & Fielding)
Year 5	Indoor Athletics Gymnastics (Flight/Spinning and Turning) Games (Invasion Games)	Dance Games (Striking & Fielding) Gymnastics (Bridges)	Games (Net, Court & Wall) Summer Athletics Dance
Year 6	Swimming Indoor Athletics Problem Solving/Orienteering	Gymnastics (Synchronisation & Cannon) Dance Games (Invasion Games)	Summer Athletics Games (Striking & Fielding) Gymnastics (Counter-balance and counter-tension)

	Dance		
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