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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **EYFS** | Physical development : Spacial awareness  | Physical development: Agility, balance, coordination | Physical development: Hand and foot coordination | Physical development: Physical development of movement and dance | Gymnastics | Athletics |
| **Year 1** | Gymnastics Unit D flight, bouncing, jumping and landing.Games:Unit 1 Ball skills | Dance Unit 1Games: Unit 2 throwing, catching, aiming  | Gymnastics Unit E points and patches / balancesGames: Unit 3 bat and ball skills / skipping  | Dance Unit 2Games: Unit 4 Partnerwork | Gymnastics Unit F rocking and rollingAthletics Unit 1 | Dance Unit 3Athletics Unit 2 |
| **Year 2** | Gymnastics Unit H high and low partsGames: Unit 1 Throwing and catching | Dance Unit 1Games: Unit 2 Making up a game | Gymnastics Unit I Pathways, straight, zig-zag and curvedGames: Unit 3 : Dribbling, kicking and hitting  | Dance Unit 2Games: Group games and inventing rules | Gymnastics Unit Jturning, spinning, twistingAthletics Unit 1 | Dance Unit 3Athletics Unit 2 |

**St Clare’s RC Primary School**

Whole School Long-term PE Plan 2023/24

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| **Year 3** | Dance Unit 1Games: Ball skills invasion focus | Gymnastics Unit L stretching, curling and archingGames: Creative games making | Dance Unit 2Games: Net, court, wall  | Gymnastics Unit M symmetry and asymmetryGames: striking and fielding  | Dance Unit 3Athletics Unit 1 | Gymnastics Unit N pathwaysAthletics Unit 2 |
| **Year 4** | Dance Unit 1Swimming orGames: net,court,wall | Gymnastics Unit P balanceSwimming orGames: net,court,wal | Dance Unit 2Swimming orGames: invasion | Gymnastics Unit Q receiving body weightSwimming orGames: invasion | Dance Unit 3Swimming orAthletics unit 1 | Gymnastics Unit R balance leading into change of front or direction Swimming orAthletics unit 1 |
| **Year 5** | Dance Unit 1Games: net, court, wall | Gymnastics Unit T bridgesGames: invasion and target ball handling | Dance Unit 2Games: invasion (implement and kicking) | Gymnastics Unit U flightGames: striking and fielding  | Dance Unit 3Athletics Unit 1 | Gymnastics Unit V functional use of the limbsAthletics unit 2 |
| **Year 6** | Dance Unit 1Games:invasion | Gymnastics Unit X matching, mirroring and contrastingGames: net, court, wall  | Dance Unit 2Games: striking and fielding  | Gymnastics Unit Y synchronisation and canonGames: invasion | Dance Unit 3OAAAthletics Unit 1 | Gymnastics Unit Z holes and barriersAthletics unit 2 |