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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 1  Games: Unit 2 throwing, catching, aiming | Gymnastics Unit E points and patches / balances  Games: Unit 3 bat and ball skills / skipping | Dance Unit 2  Games: Unit 4 Partnerwork | Gymnastics Unit F rocking and rolling  Athletics Unit 1 | Dance Unit 3  Athletics Unit 2 |
| **Year 2** | Gymnastics Unit H high and low parts  Games: Unit 1 Throwing and catching | Dance Unit 1  Games: Unit 2 Making up a game | Gymnastics Unit I Pathways, straight, zig-zag and curved  Games: Unit 3 : Dribbling, kicking and hitting | Dance Unit 2  Games: Group games and inventing rules | Gymnastics Unit J  turning, spinning, twisting  Athletics Unit 1 | Dance Unit 3  Athletics Unit 2 |

**St Clare’s RC Primary School**

Whole School Long-term PE Plan 2023/24

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| **Year 3** | Dance Unit 1  Games: Ball skills invasion focus | Gymnastics Unit L stretching, curling and arching  Games: Creative games making | Dance Unit 2  Games: Net, court, wall | Gymnastics Unit M symmetry and asymmetry  Games: striking and fielding | Dance Unit 3  Athletics Unit 1 | Gymnastics Unit N pathways  Athletics Unit 2 |
| **Year 4** | Dance Unit 1  Swimming or  Games: net,court,wall | Gymnastics Unit P balance  Swimming or  Games: net,court,wal | Dance Unit 2  Swimming or  Games: invasion | Gymnastics Unit Q receiving body weight  Swimming or  Games: invasion | Dance Unit 3  Swimming or  Athletics unit 1 | Gymnastics Unit R balance leading into change of front or direction  Swimming or  Athletics unit 1 |
| **Year 5** | Dance Unit 1  Games: net, court, wall | Gymnastics Unit T bridges  Games: invasion and target ball handling | Dance Unit 2  Games: invasion (implement and kicking) | Gymnastics Unit U flight  Games: striking and fielding | Dance Unit 3  Athletics Unit 1 | Gymnastics Unit V functional use of the limbs  Athletics unit 2 |
| **Year 6** | Dance Unit 1  Games:invasion | Gymnastics Unit X matching, mirroring and contrasting  Games: net, court, wall | Dance Unit 2  Games: striking and fielding | Gymnastics Unit Y synchronisation and canon  Games: invasion | Dance Unit 3  OAA  Athletics Unit 1 | Gymnastics Unit Z holes and barriers  Athletics unit 2 |