



St. Joseph's Catholic Academy, Norton  
PE Long-Term Plan



Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Negotiate safe space when playing		Movement skills such as running, jumping, climbing, and skipping.		Follow patterns of movement. Collaborate movement with others to negotiate equipment.	
<b>Class 2 Reception</b>	Negotiate space and obstacles safely, with consideration for themselves and others		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		Demonstrate strength, coordination and balance when playing	
<b>Class 3 Y1</b>	<b>Games</b> Ball control, throwing and receiving, bouncing and catching	<b>Dance</b> Compose and perform dance routines and sequences, appreciate forms of dance	<b>Gymnastics</b> Different jumps and rolls; balancing and travelling skills	<b>Fundamentals</b> Running, jumping, coordination, throwing, catching and striking	<b>Competitive Sports</b> Physical, social, thinking skills and team work development	<b>Sports Day</b> Running, jumping, throwing, spatial awareness
<b>Class 4 Y1/2</b>	<b>Games</b> Ball control, throwing and receiving, bouncing and catching	<b>Dance</b> Compose and perform dance routines and sequences, appreciate forms of dance	<b>Gymnastics</b> Sequencing, balancing, travelling, jumping and rolling skills	<b>Fundamentals</b> Running, jumping, coordination, throwing, catching and striking	<b>Competitive Sports</b> Physical, social, thinking skills and team work development	<b>Sports Day</b> Running, jumping, throwing, spatial awareness
<b>Class 5 Y2</b>	<b>Games</b> Ball control, throwing and receiving, bouncing and catching	<b>Dance</b> Compose and perform dance routines and sequences, appreciate forms of dance	<b>Gymnastics</b> Sequencing, balancing, travelling, jumping and rolling skills	<b>Fundamentals</b> Running, jumping, coordination, throwing, catching and striking	<b>Competitive Sports</b> Physical, social, thinking skills and team work development	<b>Sports Day</b> Running, jumping, throwing, spatial awareness
<b>Class 6 Y3</b>	<b>Foundation Invasion Games</b> Send and receive a ball with hands or feet with increasing accuracy to a target, space or team mate; use space well by finding and moving into a free space; develop a range of defence and attacking skills	<b>Dance</b> Develop movement using actions, relationships, dynamics and choreography	<b>Gymnastics</b> Sequencing, balancing, travelling, jumping and rolling skills	<b>Net and Wall</b> Send and receive a ball with a racquet to a target, space or team mate; understand the transference of skills from one type of game to another and apply appropriately	<b>Striking and Fielding</b> Throw, bowl and strike with accuracy; reflect on own and others' performance, understand and keep to the rules of the game	<b>Athletics</b> Relay changeovers; running over short distances, demonstrate a range of jumps at both take-off and landing; throw using pulling, pushing and slinging action with foam javelin
<b>Class 7 Y3/4</b>	<b>Foundation Invasion Games</b> Send and receive a ball with hands or feet with increasing accuracy to a target, space or team mate; use space well by finding and moving into a free space; develop a range	<b>Dance</b> Develop movement using actions, relationships, dynamics and choreography	<b>Gymnastics</b> Sequencing, balancing, travelling, jumping and rolling skills	<b>Net and Wall</b> Send and receive a ball with a racquet to a target, space or team mate; understand the transference of skills from one type of game	<b>Striking and Fielding</b> Throw, bowl and strike with accuracy; reflect on own and others' performance, understand and keep to the rules of the game	<b>Athletics</b> Relay changeovers; running over short distances, demonstrate a range of jumps at both take-off and landing; throw using pulling, pushing and slinging action with foam javelin



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	of defence and attacking skills			to another and apply appropriately		
<b>Class 8 Y4/5</b>	<b><u>Foundation Invasion Games</u></b> Send and receive a ball with hands or feet with increasing accuracy to a target, space or team mate; use space well by finding and moving into a free space; develop a range of defence and attacking skills	<b><u>Dance</u></b> Develop movement using actions, relationships, dynamics and choreography	<b><u>Gymnastics</u></b> Sequencing, balancing, travelling, jumping and rolling skills	<b><u>Net and Wall</u></b> Send and receive a ball with a racquet to a target, space or team mate; understand the transference of skills from one type of game to another and apply appropriately	<b><u>Striking and Fielding</u></b> Throw, bowl and strike with accuracy; reflect on own and others' performance, understand and keep to the rules of the game	<b><u>Athletics</u></b> Relay changeovers; running over short distances, demonstrate a range of jumps at both take-off and landing; throw using pulling, pushing and slinging action with foam javelin
<b>Class 9 Y5</b>	<b><u>Foundation Invasion Games</u></b> Send and receive a ball with hands or feet with increasing accuracy to a target, space or team mate; use space well by finding and moving into a free space; develop a range of defence and attacking skills	<b><u>Dance</u></b> Develop movement using actions, relationships, dynamics and choreography	<b><u>Gymnastics</u></b> Sequencing, balancing, travelling, jumping and rolling skills	<b><u>Net and Wall</u></b> Send and receive a ball with a racquet to a target, space or team mate; understand the transference of skills from one type of game to another and apply appropriately	<b><u>Striking and Fielding</u></b> Throw, bowl and strike with accuracy; reflect on own and others' performance, understand and keep to the rules of the game	<b><u>Athletics</u></b> Set realistic targets for self when running, jumping and throwing, developing accuracy and stamina
<b>Class 10 Y6</b>	<b><u>Foundation Invasion Games</u></b> Send and receive a ball with hands or feet with increasing accuracy to a target, space or team mate; use space well by finding and moving into a free space; develop a range of defence and attacking skills	<b><u>Dance</u></b> Develop movement using actions, relationships, dynamics and choreography	<b><u>Gymnastics</u></b> Sequencing, balancing, travelling, jumping and rolling skills	<b><u>Net and Wall</u></b> Send and receive a ball with a racquet to a target, space or team mate; understand the transference of skills from one type of game to another and apply appropriately	<b><u>Striking and Fielding</u></b> Throw, bowl and strike with accuracy; reflect on own and others' performance, understand and keep to the rules of the game	<b><u>Athletics</u></b> Set realistic targets for self when running, jumping and throwing, developing accuracy and stamina
<b>Class 11 Y6</b>	<b><u>Foundation Invasion Games</u></b> Send and receive a ball with hands or feet with increasing accuracy to a target, space or team mate; use space well by finding and moving into a free space; develop a range of defence and attacking skills	<b><u>Dance</u></b> Develop movement using actions, relationships, dynamics and choreography	<b><u>Gymnastics</u></b> Sequencing, balancing, travelling, jumping and rolling skills	<b><u>Net and Wall</u></b> Send and receive a ball with a racquet to a target, space or team mate; understand the transference of skills from one type of game to another and apply appropriately	<b><u>Striking and Fielding</u></b> Throw, bowl and strike with accuracy; reflect on own and others' performance, understand and keep to the rules of the game	<b><u>Athletics</u></b> Set realistic targets for self when running, jumping and throwing, developing accuracy and stamina