**St Mary’s long-term plan – PE – 2023-24**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **External Coaching – blocks** | Gymnastics Y3/4 | Football Y5/6 | Football Y3/4 | Dance Y1/2 | KS1 FMS Y1/2 | Athletics Y5/6 |
| **External coaching – whole day all school** |  |  |  | Escape room day.  TBC | Disability Sports  25th May 2024 | Sports Day  TBC |
| **After school clubs** | Gymnastics Y3/4 (Mondays)  Hula-hoop Y1/2/3 (Tuesdays)  Multi skills Y5/6  (Wednesdays) | Football Y5/6  (Mondays)  Stories through Movement (Y1-4)  (Tuesdays)  Futsal/Multi skills (Y5/6) (Wednesdays) | Football Y3/4  (Mondays)  Multi skills KS2  (Wednesdays) | Dance Y1/2  (Mondays) | KS1 FMS Y1/2  (Mondays) | Athletics Y5/6  (Mondays) |
| **Other** | Move with Max specialist support – 2 hours (Reception) | |  |  |  | Sports Day (TBC) |
| **Reception** | FMS Move with Max: Aliens love Underpants | FMS Move with Max: Aliens love Underpants | FMS Move with Max: The Gruffalo | FMS Move with Max: The Gruffalo | FMS Move with Max: Tiny Whale a Fishy Tale | FMS Move with Max: Tiny Whale a Fishy Tale |
| **Year 1** | Games core task  TBC - Rollaball | Games core task  TBC  Dance (in preparation for Y1 dance festival) | Games  Beanbag throw | Dance coaching | FMS coaching | Athletics  Honey Pot |
| **Year 2** | Games core task | Games  Beanbag throw | Games  Kick Rounders Striking and Fielding | Dance coaching | FMS coaching | Athletics  Colour Match |
| **Year 3** | Gymnastics coaching | Games  Target Baggers (Net/Wall) | Football coaching | Games  Mini Tennis (Net/Wall) | Athletics  Pass the Baton | Games  Run the Loop (Striking/Fielding) |
| **Year 4** | Swimming (Tuesday PM)  Gymnastics | Swimming (Tuesday PM)  Games  On the Attack | Swimming (Tuesday PM)  Football coaching | Swimming (Tuesday PM)  Dance  Indian Delight | Swimming (Tuesday PM)  Athletics  Furthest Five | Games  Arc Rounders (Striking/fielding) |
| **Year 5** | Swimming  (Tuesday AM)  Fielding/throwing core task – Games  Sports hall athletics | Swimming  (Tuesday AM)  Football coaching | Dance  Masquerade | Games  What a Racket (Net/Wall) | Games  Runners (Striking/Fielding) | Athletics coaching |
| **Year 6** | Sports hall athletics | Football coaching | Dance  Making the Grade | Games  Long and Thin or Short and Fat  (Net/wall) | Athletics  Developing Athletes | Swimming (Tuesday AM) – Y6 catch-up  Athletics coaching |

**Red Text = PESSCL Core Task**

**Blue Text = Durham Core Task**