**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 Sports25th May 2024 | Sports DayTBC |
| **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 taskTBC - Rollaball | Games core taskTBCDance (in preparation for Y1 dance festival) | GamesBeanbag throw | Dance coaching | FMS coaching | AthleticsHoney Pot |
| **Year 2** | Games core task | GamesBeanbag throw | GamesKick Rounders Striking and Fielding | Dance coaching | FMS coaching | AthleticsColour Match |
| **Year 3** | Gymnastics coaching | GamesTarget Baggers (Net/Wall) | Football coaching | GamesMini Tennis (Net/Wall) | AthleticsPass the Baton | GamesRun the Loop (Striking/Fielding) |
| **Year 4** | Swimming (Tuesday PM)Gymnastics | Swimming (Tuesday PM)GamesOn the Attack | Swimming (Tuesday PM)Football coaching | Swimming (Tuesday PM)DanceIndian Delight  | Swimming (Tuesday PM)AthleticsFurthest Five | GamesArc Rounders (Striking/fielding) |
| **Year 5** | Swimming(Tuesday AM)Fielding/throwing core task – GamesSports hall athletics | Swimming(Tuesday AM)Football coaching | DanceMasquerade | GamesWhat a Racket (Net/Wall) | GamesRunners (Striking/Fielding) | Athletics coaching |
| **Year 6** | Sports hall athletics | Football coaching | DanceMaking the Grade | GamesLong and Thin or Short and Fat (Net/wall) | AthleticsDeveloping Athletes | Swimming (Tuesday AM) – Y6 catch-upAthletics coaching |

**Red Text = PESSCL Core Task**

**Blue Text = Durham Core Task**