



St John Fisher Primary School
Physical Education Long Term Plan



	Autumn		Spring		Summer	
Reception	Fundamental Skills 1 Locomotion 1	Invasion Game Skills 1 Gym - Rocking and Rolling	Dance - Arctic Target games 1	Stability 2 (static and dynamic balance) Dance	Striking and Fielding Gam Skills 1 Gymnastics (Flight) - bouncing, jumping and landing	Fine Motor skills Yoga
Year 1	Fundamental Movement Skills Striking and Fielding Game Skills	Dance - Fireworks Invasion Game Skills	Object Manipulation Gymnastics - Balancing and Spinning on Points and Patches	Net and Wall Games Dance - Toys	Locomotion 2 Gymnastics - Pathways - small & long	Target Games 2 Tennis
Year 2	Dance Fundamental Movement Skills 3	Net and Wall Game Skills Yoga	Invasion Game Skills 3 Gymnastics - Spinning, turning and twisting	Tri Golf Target Games 3	Striking and Fielding Game Skills Gymnastics - Stretching, curling and arching	Athletics 2 Dance
Year 3	Gymnastics - Symmetry and Asymmetry (Partners) Hockey	Dance Football	Invasion Games Netball	Gymnastics -Receiving body weight Swimming	Dance Tennis	Tag Rugby Rounders
Year 4	Dance - Romans	Football	Swimming	Invasion Game skills	Tennis	Athletics

St John Fisher Primary School
Physical Education Long Term Plan

	Hockey	Gymnastics - Rolling and travelling low	Netball	Dodgeball	Cricket	Tag Rugby
Year 5	Gymnastics - Matching, Mirroring and Contrast Football	Swimming Hockey	Dance Netball	Dance - Romeo and Juliet Basketball	Athletics Tennis	Rounders Handball
Year 6	Swimming Dance	Gymnastics - Counter Balance and Counter tensions Football	Basketball Netball	Tennis OAA	Cricket Gymnastics - Flight	Invasion Game Skills 4 Leadership