



P.E Long-Term Plan

St James Church of England Primary School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to PE 2	Fundamentals 2	Gymnastics 2	2 Dance	Games 2	Ball Skills 2
Year 1 (Outdoor)	Ball Skills	Sending and receiving	Team Building	Invasion	Net and Wall	Striking and fielding
Year 1 (Indoor)	Fundamentals	Gymnastics	Dance		Athletics	Yoga
Year 2 (Outdoor)	Ball Skills	Net and Wall	Athletics	Team Building	Invasion	Striking and fielding
Year 2 (Indoor)	Fundamentals	Gymnastics	Dance	Yoga		Fitness
Year 3 (Outdoor)	Target Games through Dodgeball	Net and Wall through Tennis	OAA	Invasion through Netball	Athletics	Striking and Fielding through Rounders
Year 3 (Indoor)	Fundamentals		Gymnastics		Dance	
Y3 Sporting Icons	Beth Tweddle		Johnny Lomax		Paula Ratcliffe	
Year 4 (Outdoor)	Invasion through Basketball	Net and Wall through Badminton	Winter Warmer (Active Hope)	Athletics	Striking and Fielding through Rounders	Target Games through Dodgeball
Year 4 (Indoor)			Gymnastics	Dance		Swimming (Out of School)
Y4 Sporting Icons	Casey Stoney		Rebecca Adlington		Andy Murray	
Year 5 (Outdoor)	Invasion through Hockey	Fitness	Net and Wall through Badminton	Target Games though Dodgeball	Athletics	Striking and Fielding through Cricket
Year 5 (Indoor)		Gymnastics		Swimming (Out of School)	Dance	
Y5 Sporting Icons	Max Whitlock		Sebastian Coe		Michael Phelps	
Year 6 (Outdoor)	Invasion through Football	Fitness	Net and Wall through Tennis	Athletics	Target Games through Dodgeball	Striking and Fielding through Cricket
Year 6 (Indoor)		Swimming (Out of School)		Dance	Gymnastics	
Y6 Sporting Icons	Michael Jordan		Jessica Ennis-Hill		Raheem Sterling	