



St Joseph's P.E Long-Term Plan:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
FY	Body Management	Dance	Gymnastics	Cooperate and Solve Problems	Manipulation and Coordination	Speed, Agility, Travel (Athletics)	
Y1	Gymnastics U1 Attack, Defend, Shoot U1 (Netball)	Gymnastics U2 Attack, Defend, Shoot U2 (Football)	Dance Send and Return U1 (Tennis)	Hit, Catch, Run (Cricket)	Send and Return U2 (Tennis)	Run, Jump, Throw (Athletics)	
Y2	Dance Attack, Defend, Shoot U1 (Netball)	Gymnastics U1 Attack, Defend, Shoot U2 (Football)	Gymnastics U2 Send and Return U1 (Tennis)	Send and Return U2 (Tennis)	Hit, Catch, Run (Cricket)	Run, Jump, Throw (Athletics)	
Y3	Dance Hockey	Netball	Tennis	Gymnastics Football	Rounders	Athletics	
Y4	Gymnastics Tag Rugby	Dance Football	Hockey Netball	Cricket	OAA Swimming	Rounders Swimming	
Y5	Gymnastics Netball	Dance Tag Rugby	Hockey Swimming	Tennis Swimming	Cricket OAA	Athletics	
Y6	Tag Rugby Swimming	Gymnastics Swimming	Dance Hockey	OAA Tennis	Cricket	Athletics	
Units -	FY	Gymnastics/Dance	Swimming	Striking and Fielding Games	Invasion Games	OAA/Athletics	Racquet Games