

PE Long Term Plan

The Long Term Plan for PE at St Mark's CE Primary School, takes into account our mixed year groups from Year 1 to Year 6 and we therefore plan from a two year cycle. Across the school, we deliver 2 hours of quality PE each week.

When planning PE units, staff consider the school space, facilities, equipment and what will engage the children.

YEAR A

	Reception	Year 1/2	Year 3/4	Year 5/6
Autumn 1	Me & Myself	Hockey	Hockey	Hockey
		Tag-Rugby	Tag-Rugby	Tag-Rugby
Autumn 2	Movement & Development	Gymnastics 1	Gymnastics 1	Gymnastics 1
		Fitness	Fitness	Fitness
Spring 1	Throwing and Catching	Dance	Dance	Dance
		Golf	Golf	Golf
Spring 2	Ball Skills	Gymnastics 2	Gymnastics 2	Gymnastics 2
		Orienteering	Orienteering	Orienteering
Summer 1	Fun & Games	Basketball	Basketball	Basketball
		Volleyball	Volleyball	Volleyball
Summer 2	Working with Others	Athletics	Athletics	Athletics
		Cricket	Cricket	Cricket

YEAR B

	Reception	Year 1/2	Year 3/4	Year 5/6
Autumn 1	Me & Myself	Football	Football	Football
		Handball	Handball	Handball
Autumn 2	Movement & Development	Gymnastics 1	Gymnastics 1	Gymnastics 1
		Fitness	Fitness	Fitness
Spring 1	Throwing and Catching	Dance	Dance	Dance
		Dodgeball	Dodgeball	Dodgeball
Spring 2	Ball Skills	Gymnastics 2	Gymnastics 2	Gymnastics 2
		Orienteering	Orienteering	Orienteering
Summer 1	Fun & Games	Netball	Netball	Netball
		Tennis or Badminton	Tennis or Badminton	Tennis or Badminton
Summer 2	Working with Others	Athletics	Athletics	Athletics
		Rounders	Rounders	Rounders

Some sports are repeated in Year A and Year B: Gymnastics, Fitness, Dance, Orienteering and Athletics. These sports are covered every year; differentiation, progression and the advantage additional time allows children to practise these activities and games.