



# English Martyrs Catholic Primary School

## Curriculum Long Term Plan, PE 2021-2022



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	Going to hall taking shoes and socks off independently Finding a space	Jumping Jacks and Rock n Roll	Games – Best of Balls	Gymnastics - Gym in the jungle	Dance - Dinosaurs	Sports Day preparation – races, balances, jumping.
<b>Year 1</b>	Invasion Games  Yoga – salute to the sun	Gymnastics - Animals  Dance – seasons	Games - Throwing and Catching  Dance – Starry night	Gymnastics – Traditional Tales  Games – Bat and Ball skills	Running and Jumping  Tag Rugby (attacking and defending Invasion Games	Multi skills Sports Day
<b>Year 2</b>	Dance – Toys  Games - Throwing and catching	Dance – Gunpowder Plot  Gym – Landscapes and cityscapes	Games – Invasion Games  Gym- Under the sea	Games - Multi skills bat and ball  Circuit Training	Athletics  Yoga	Dance – plants  Sports Day preparations
<b>Year 3</b>	Swimming  Invasion Games	Swimming  Ali	Dance – life on the Nile (or a twinkl one Gym - movement	Ali  Circuit Training	OAA  Gym - shape	Ali  Athletics
<b>Year 4</b>	Dance – Romans  Invasion Games	Ali  Gym - movement	Swimming  Dance – water	Swimming  Ali	Hockey  OAA	Ali  Athletics
<b>Year 5</b>	Ali  Dance – Haka	Invasion Games  Dance – WWII	Ali  OAA	Gym – movement  Games Basketball	Ali  Striking and Fielding - rounders	Athletics
<b>Year 6</b>	Ali  Invasion Games	Gym – movement  Games -Netball	Ali  Striking and Fielding	Dance - electricity	Ali  Swimming	Athletics  Swimming