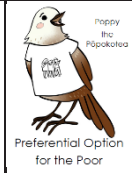
PHYSICAL EDUCATION LONG TERM PLAN

St. John the Baptist Catholic Primary School

Mission Statement

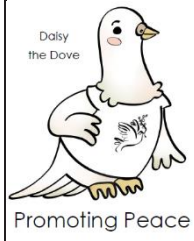
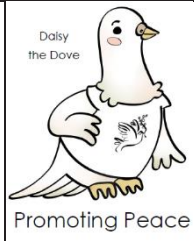
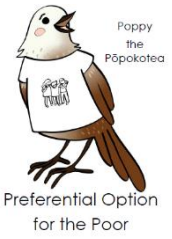
Together,
Through our words and actions, our work and play,
We point towards Christ, each and every day

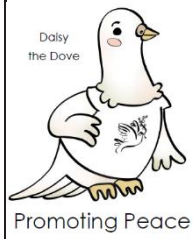
Physical Education Long Term Plan

		Autumn		Spring		Summer	
Year R	Unit						
	CST	 When you play on the trim-trail, send balls to your friends, and stop balls with your hand or foot, you're showing how you can help and play with others. Putting on your coat and pulling up your trousers by yourself shows how you can do things on your own, but also help others who might need a little extra help. So, the principle of **Option for the Poor and Vulnerable** means taking care of yourself and others, especially those who need a little more help, just like you do when you play and learn!		When you carry big blocks safely, play on the trim-trail, and send and catch balls with your friends, you're learning to take care of yourself and others. When you lift your body off the floor using your arms, you're showing how you can use your strength to do amazing things. So, the principle of **Care for Creation** means taking care of yourself, your friends, and the world around you while you play and learn!		When you find something hard and try again with help, you're being brave and responsible. Using the trim trails confidently and sending and catching balls with your friends shows how you can play and learn together. Traversing a rope using your arms shows how strong and balanced you are. So, the principle of **Dignity** means taking care of yourself and others while you play and learn, making sure everyone is safe and happy!	
Year 1	Unit	FMS – Locomotion	FMS – Object Control	FMS – Object Control (games)	FMS – Object Control (games)	FMS – Locomotion/Stability/Object control	Athletics/Sports Day Prep
		Gym (FMS – Stability/ Balance)	Dance – Gruffalo	Dance - Toy Story	Gym – (FMS Stability /Balance	Dance - Country Dancing	Dance - Country Dancing

	CST	Imagine you and your friends are playing a game together. Solidarity means everyone is part of the team and helps each other. When you play sports, you work together, cheer for each other, and make sure everyone has fun. It's like being a big, happy family!		Dignity means everyone is special and important. When you play games and do exercises, you show respect to your friends by playing fair and being kind. If someone falls, you help them up. If someone scores a goal, you cheer for them. Everyone feels good and proud of themselves.		This principle is about being part of a group and joining in. When you play sports, you take turns, share, and listen to your teacher and friends. You learn new skills and have fun together. It's like being in a big team where everyone gets to play and learn.	
	Hook	Performance		Performance		Sports Day races	Country Dancing Festival
Year 2	Unit	FMS – Invasion games	FMS – Stability Invasion Games	FMS - Object Control and skills to games Net and wall focus	FMS - Object Control and skills to games Net and wall focus	FMS – Athletics focus/Sports Day Prep	FMS – Skills to games Striking and fielding focus
		Dance – Great Fire of London	Gym – Balance, agility and coordination	Dance – Titanic	Gym – Eye of the Tiger Gym responding to Music	Gym – Controlled balances	Dance – Matilda (Roald Dahl link) 'Revolting Children')
	CST	Imagine you and your friends are playing a game together. Solidarity means everyone is part of the team and helps each other. In Year 2, you get even better at working together. You		Dignity means everyone is special and important. In Year 2, you show even more respect to your friends by playing fair and being kind. If someone falls, you help them up quickly. If someone scores a		This principle is about being part of a group and joining in. In Year 2, you take turns even more smoothly, share better, and listen to your teacher and friends more carefully. You learn new	

		learn to pass the ball more accurately and cheer for your friends even louder. It's like being a big, happy family where everyone gets better together!		goal, you cheer for them even more. Everyone feels good and proud of themselves, and you all get better at showing kindness.		skills and have fun together. It's like being in a big team where everyone gets to play and learn, and you all get better at being part of the team.	
	Hook	Performance		Performance		Sports Day races	
Year 3	Unit	OAA – Working as a team	Games – Invasion focus	Games – Net and Wall focus	Games – Net and Wall focus	Games – Striking and Fielding focus	Games – Striking and Fielding focus
		Gym – Shapes, Collaboration, Control	Dance - Liturgical	Gym – Dynamic Movement	Dance – Iron Age	Athletics focus	Athletics focus
	CST	Imagine you and your friends are playing a game together. Solidarity means everyone is part of the team and helps each other. In Year 3, you get even better at working together. You learn to pass the ball more accurately and cheer for your friends even louder. It's like being a big, happy family where everyone gets better together!		Dignity means everyone is special and important. In Year 3, you show even more respect to your friends by playing fair and being kind. If someone falls, you help them up quickly. If someone scores a goal, you cheer for them even more. Everyone feels good and proud of themselves, and you all get better at showing kindness.		Care for Creation means taking care of yourself, your friends, and the world around you. In Year 3, you learn how physical activity helps you stay healthy and happy. You play games that make you strong and learn how to take care of your body and mind. You also learn to play outside and enjoy nature, making sure you keep it clean and beautiful.	
	Hook	Advent Service		Performance		Sports Day races	
Year 4	Unit	Health & Fitness	Team Building	Games – Net and wall focus	Games – Net and wall focus	Athletics/Sports Day Prep	Games – Striking and fielding

		Gym – Group Sequence	Dance - Entertainer	Gym – Group Sequence (Wall Bars)	Dance - Refugees	Dance - Country Dancing	Dance - Country Dancing
	CST	Subsidiarity means everyone has a role to play and should be given the chance to do their best. In PE, this means you get to try different activities and make decisions, like choosing which game to play or how to solve a problem with your team. You learn to trust yourself and your friends, and everyone gets a chance to lead and help.		 Being a peacemaker means helping everyone get along and play fair. In PE, this means showing good sportsmanship, like shaking hands after a game, saying "good job" to your friends, and solving problems without arguing. You learn to be kind and respectful, making sure everyone feels happy and included.		This principle means taking care of those who need extra help. In PE, this means looking out for friends who might find some activities harder. You can help them by encouraging them, showing them how to do things, or playing games that everyone can enjoy. You learn to be supportive and make sure everyone has fun and stays safe.
	Hook	Advent Service		Performance		Sports Day	
Year 5	Unit	Games – Invasion Games	Games – Invasion Games	Games – Net and Wall	Games – Net and Wall	Games – Striking and Fielding	Athletics
		Tudor Dance	Gym – Control, jumps, rolls	Dance - Brazil	Gym - Rhythmic		
	CST	Subsidiarity means everyone has a role to play and should be given the chance to do their best. In PE, this means you get to try different activities and make decisions, like choosing which game to play or how to solve a problem with your team. You also get to practice being a		 Being a peacemaker means helping everyone get along and play fair. In PE, this means showing good sportsmanship, like shaking hands after a game, saying "good job" to your friends, and solving problems without arguing. You learn to be kind and respectful,		 This principle means taking care of those who need extra help. In PE, this means looking out for friends who might find some activities harder. You can help them by encouraging them, showing them how to do things, or playing games that everyone can enjoy. You learn to be	

		leader by helping your friends and setting a good example. This helps everyone feel important and included.		making sure everyone feels happy and included. This also helps you understand how to stay calm and work together, which is good for your mental health.		supportive and make sure everyone has fun and stays safe. This also helps you understand the importance of helping others and being a good leader.	
	Hook	Performance		Performance		Sports Day	
Year 6	Unit	Games – Invasion Games	Games – Invasion Games	Games – Net and Wall	Games – Net and Wall	Games – Striking and Fielding	Athletics
		Gym – Symmetry	Dance – War of the Worlds	Gym – control, variation	Dance – Street Dance		
	CST	Subsidiarity means everyone has a role to play and should be given the chance to do their best. In Year 6, you get to try different activities and make decisions, like choosing which game to play or how to solve a problem with your team. You also get to practice being a leader by helping your friends and setting a good example. This helps everyone feel important and included. As you prepare for secondary school, you'll use these leadership skills to take on new challenges and responsibilities.		 Being a peacemaker means helping everyone get along and play fair. In PE, this means showing good sportsmanship, like shaking hands after a game, saying "good job" to your friends, and solving problems without arguing. You learn to be kind and respectful, making sure everyone feels happy and included. This also helps you understand how to stay calm and work together, which is good for your mental health. As you move to secondary school, these skills will help you make new friends and handle conflicts peacefully.		This principle means taking care of those who need extra help. In PE, this means looking out for friends who might find some activities harder. You can help them by encouraging them, showing them how to do things, or playing games that everyone can enjoy. You learn to be supportive and make sure everyone has fun and stays safe. This also helps you understand the importance of helping others and being a good leader. As you prepare for secondary school, you'll continue to support and include others, making sure everyone feels valued.	
	Hook	Performance		Performance		Sports Day/Leadership Roles	