



Holy Family Primary School – PE Long Term Plan



Cycle A

PE		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Cycle A	EYFS Rec	Me and Myself	Movement and Development	Working with others	Dance	Fun and games	Throwing and catching inc Sports Day
	Key Stage 1 Year 1 & 2	Orienteering Fitness	Gymnastics Dance	<i>Fundamental – Ball skills</i> Football Netball	<i>Fundamental - Net/Wall</i> Tennis Badminton	Athletics	<i>Striking and Fielding</i> Rounders Cricket
	Lower Key Stage 2 Year 3 & 4	Outdoor/ Adventurous Fitness	Gymnastics Dance	<i>Invasion Games</i> Handball Football	<i>Net/Wall</i> Tennis Badminton	Athletics	<i>Striking and Fielding</i> Rounders Cricket
	Upper Key Stage 2 Year 5 & 6	Outdoor/ Adventurous Fitness	Gymnastics Dance	<i>Invasion Games</i> Basketball Dodgeball	<i>Net/Wall</i> Tennis Badminton	Athletics	<i>Striking and Fielding</i> Rounders Cricket



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Cycle B

PE		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Cycle B	EYFS Rec	Me and Myself	Movement and Development	Working with others	Dance	Fun and games	Throwing and catching inc Sports Day
	Key Stage 1 Year 1 & 2	Orienteering Fitness	Gymnastics Dance	<i>Fundamental – Ball skills</i> Basketball Dodgeball	<i>Fundamental - Net/Wall</i> Tennis Badminton	Athletics	<i>Striking and Fielding</i> Rounders Cricket
	Lower Key Stage 2 Year 3 & 4	Outdoor/ Adventurous Fitness	Gymnastics Dance	<i>Invasion Games</i> Tag Rugby Basketball	<i>Net/Wall</i> Tennis Badminton	Athletics	<i>Striking and Fielding</i> Rounders Cricket
	Upper Key Stage 2 Year 5 & 6	Outdoor/ Adventurous Fitness	Gymnastics Dance	<i>Invasion Games</i> Football Netball	<i>Net/Wall</i> Tennis Badminton	Athletics	<i>Striking and Fielding</i> Rounders Cricket