

Holy Cross Catholic Primary

Long Term P.E Planning

2025 – 2026



YEAR: 1

<u>National Curriculum Criteria</u>	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
		Gymnastics Athletics	Dance Balls Skills	Dance (Dance Fest) Football (skills)	Gymnastics (Apparatus) Football (Game)	Tennis (skills) Ball skills
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, and begin to apply these in a range of activities						
Participate in team games, developing simple tactics for attacking and defending						
Perform dances using simple movement patterns						

YEAR: 2

<u>National Curriculum Criteria</u>	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
		Ball Skills/Football Gymnastics (skills)	Dance Gymnastics (Routines) (Apparatus)	Dance (Dance Fest)	Tennis (Skills)	Tennis (Game) Invasion games
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, and begin to apply these in a range of activities						
Participate in team games, developing simple tactics for attacking and defending						
Perform dances using simple movement patterns						

YEAR: 3

<u>National Curriculum</u>	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
		Gymnastics Football	Dance	Tennis Handball	Cricket Gymnastics (Apparatus)	Orienteering Swimming
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
Perform dances using a range of movement patterns						
Take part in outdoor and adventurous activity challenges both individually and within a team						
Compare their performances with previous ones and demonstrate improvement to achieve their personal best						

YEAR: 4

<u>National Curriculum</u>	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
		Gymnastics Football	Dance	Handball Swimming	Swimming Gymnastics (Apparatus)	Orienteering Tag Rugby
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
Perform dances using a range of movement patterns						
Take part in outdoor and adventurous activity challenges both individually and within a team						
Compare their performances with previous ones and demonstrate improvement to achieve their personal best						

YEAR: 5

<u>National Curriculum</u>	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
		Gymnastics Netball	Dance Swimming	Dodgeball Swimming	Hockey/ Quicksticks Hockey Gymnastics (Apparatus)	Tag Rugby Cricket
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
Perform dances using a range of movement patterns						
Take part in outdoor and adventurous activity challenges both individually and within a team						
Compare their performances with previous ones and demonstrate improvement to achieve their personal best						

YEAR: 6

<u>National Curriculum</u>	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
		Netball Swimming	Hockey Dance Swimming	Dodgeball Dance/ Gymnastics	Hockey/ Quicksticks Hockey Gymnastics (Apparatus)	Orienteering Tag Rugby
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
Perform dances using a range of movement patterns						
Take part in outdoor and adventurous activity challenges both individually and within a team						
Compare their performances with previous ones and demonstrate improvement to achieve their personal best						