



St Patrick's RC Primary School
Long Term Physical Education Plan

Cycle A						
Term	Autumn		Spring		Summer	
Years 1 and 2	Fundamental Skills – Travelling forwards, backwards and side to side	Fundamental Skills – Running, jumping, balancing & finding space	Fundamental Skills – Hopping, skipping & throwing underarm	Fundamental Skills – Catching, throwing overarm and throwing to targets	Fundamental Skills – Rolling, Dribbling & Kicking	Fundamental Skills – Striking ½ Hands, Striking with Equipment 2 Hands
Years 3 and 4	Project Based Learning and Mindfulness	Health Education, Movement and Fitness	Principles, Tactics, Attacking & Defending	Principles, Tactics, Attacking & Defending	Physical Competitions & Challenges	Outdoor Adventure & Active Learning
Years 5 and 6	Project Based Learning and Mindfulness	Health Education, Movement and Fitness	Principles, Tactics, Attacking & Defending	Principles, Tactics, Attacking & Defending	Physical Competitions & Challenges	Outdoor Adventure & Active Learning

Cycle B (Junior Jam)						
Term	Autumn		Spring		Summer	
Years 1 and 2	Multi Sports	Dodge Ball	Basket Ball	Football	Quick Cricket	Athletics
Years 3 and 4	Multi Skills	Sports Games	Basket Ball	Football	Quick Cricket	Athletics
Outdoor adventurous	Local area			Local area		Local area
Years 5 and 6	Multi Skills	Sports Games	Basket Ball	Football	Quick Cricket	Athletics
Outdoor adventurous		Healey Dell		Healey Dell		Healey Dell