



# SACRED HEART CATHOLIC PRIMARY SCHOOL

## Physical Education - Subject Long-term planner 2022-2023



	Objective/Theme(s) Overview						
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 1-2pm	Fundamentals – unit 1	Fundamentals- outside	Team building -hall	Fundamentals- outside	Gymnastics -hall	Hockey- outside	Fitness- hall
Autumn 1 2-3pm	introduction to PE- unit 1	Team building-hall	Fundamentals- outside	Swimming (Monday)	Football- outside	Fitness- hall	hockey- outside
Autumn 2 1-2pm	Fundamentals – unit 2	Fitness- outside	Gymnastics -hall	Ball skills- outside	Swimming (Monday) / Dance-hall	Handball- outside	Dance-hall
Autumn 2 2-3pm	Introduction to PE- unit 2	Gymnastics -hall	Fitness- outside	Swimming(Monday)/dance - hall	Tag rugby- outside	Dance-hall	Handball- outside
Spring 1 1-2pm	Gymnastics – unit 1	Ball skills- outside	Dance- hall	Dodgeball- outside	Swimming (Monday)	Basketball- outside	Gymnastics -hall
Spring 1 2-3pm	Dance- unit 1	Dance- hall	Ball skills- outside	Gymnastics-hall	Dodgeball- outside	Swimming(Monday)/ gymnastics – hall	Basketball- outside
Spring 2 1-2pm	Gymnastics – unit 2	Sending and receiving- outside	Target games- hall/outside	Hockey- outside	Fitness- hall/outside	Tag rugby	OAA
Spring 2 2-3pm	Dance- unit 2	Target games- hall/outside	Sending and receiving- outside	Fitness- hall/outside	Hockey- outside	Swimming (Monday)	Tag rugby
Summer 1 1-2pm	Games – unit 1	Invasion	Net and wall	Rounders	OAA	Badminton	Swimming/ Cricket
Summer 1 2-3pm	Ball skills – unit 1	Net and wall	Invasion	Basketball	Rounders	Swimming/ Cricket	Badminton
Summer 2 1-2pm	Games – unit 2	Striking and fielding	Athletics	Tennis	Athletics	Athletics	Swimming (Monday)
Summer 2 2-3pm	Ball skills – unit 2	Athletics	Striking and fielding	Athletics	Tennis	OAA	Athletics

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Notes	To follow the Get Set 4 PE scheme Spencer to teach the units highlighted						