



# St. Monica's RC Primary School PE – Long-Term Planning – Overview

## 2023-2024

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>SG Value</b>		<b>Respect</b>	<b>Honesty</b>	<b>Passion</b>	<b>Team Work</b>	<b>Self-Belief</b>	<b>Determination</b>
<b>Nursery</b>		Gross /Fine Motor Skills Continuous Provision					
<b>Reception</b>	<b>BSBC Coach</b>	Dance – Nursery Rhymes	Gymnastics – Flight, bouncing, jumping and landing	Dance – Jungle	Gymnastics – Rocking and Rolling	Athletics 1	Target Games 1
	<b>Class Teacher</b>	Fine Motor Skills/ Continuous Provision					
<b>KS1 - Cycle A (Years 1 &amp; 2)</b>	<b>BSBC Coach</b>	Gymnastics – Balancing and spinning on Points and Patches	Fundamental Movement Skills 2	Dance – Under the Sea	Gymnastics – spinning, turning and twisting	Gymnastics – Wide, narrow & curled rolling and balancing. Dance – Animals	Gymnastics – Stretching, curling and arching
	<b>Class Teacher</b>	Fundamental Movement Skills 1	Fundamental Movement Skills 3	Striking and Field Game Skills 1	Striking and Field Game Skills 2	Invasion Games Skills 1	Invasion Games Skills 2
<b>KS1 – Cycle B (Years 1 &amp; 2)</b>	<b>BSBC Coach</b>	Dance – Fire of London	Mindful Movement (Yoga) 1	Dance – Pirates	Gymnastics – Pathways: Small and long	Dance – Minibeasts	Gymnastics – Pathways: straight, zipzag and curving
	<b>Class Teacher</b>	Net and Wall Games 1	Net and Wall Games 2	Target Games 2	Target Games 3	Tri-Golf 1	Athletics 2
<b>LKS2 – Cycle A (Years 3 &amp; 4)</b>	<b>Class Teacher?</b>	Dance – Around the World	Gymnastics – Symmetry and asymmetry (partners)	Health-Related Fitness 1 OAA	Gymnastics partner work pushing and pulling Invasion Skill Games	Dance – Vikings	Athletics 3
	<b>BSBC Coach</b>	Skittleball / Basketball / Handball	Hockey / Football ( Netball)	Netball / Tag Rugby	Athletics / Cricket	Tennis /Dodgeball	Flag Football / Rounders
<b>LKS2 – Cycle B (Years 3 &amp; 4)</b>	<b>Class Teacher</b>	Dance – Romans	Gymnastics – Linking movements together	Dance – Space	Gymnastics - Rolling and travelling low	Mindful Movement (Yoga) 2 Team Building and Problem Solving	Tri-Golf
	<b>BSBC Coach</b>	Skittleball / Basketball / Handball	Hockey / Football	Netball / Tag Rugby	Athletics / Cricket	Tennis /Dodgeball	Flag Football / Rounders

UKS2 – Cycle A (Years 5 & 6)	Class Teacher	Health-Related Fitness 2	Basketball 2	Dance – World War 2 OAA	Gymnastics – Group Sequencing	Mindful Movement Ultimate Frisbee	Cricket 2
	BSBC Coach	Skittleball / Basketball / Handball	Hockey / Football	Netball/ Tag Rugby	Athletics / Cricket	Tennis / Dodgeball	Flag Football / Rounders
UKS2 – Cycle B (Years 5 & 6)	Class Teacher	Dance – The Victorians	Gymnastics – Matching, mirroring and contrast Ultimate Frisbee	Gymnastics – Counter balance and counter tension Personal challenges	Leadership Mindful Movement	Team Building and Problem Solving	Athletics 3 & 4 Tri Golf
	BSBC Coach	Skittleball / Basketball / Handball	Hockey / Football	Netball / Tag Rugby	Athletics / Cricket	Tennis / Dodgeball	Flag Football / Rounders

2022-23 – Cycle A (Years 1, 3 and 5)

2023-24 – Cycle B (Years 2, 4 and 6)

Dance
Invasion Games
Mindful movement
Gymnastics
Net and Wall Games
Athletics
Alternative sports
Fundamental skills
OAA /Leadership