

Holy Family Catholic Primary School  
Physical Education Long Term Plan

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS</b>	Fundamental movement skills	Fundamental movement skills	Fundamental movement skills Dance	Fundamental movement skills Gymnastics	Fundamental movement skills Ball Skills	Fundamental movement skills Athletics
<b>Year 1</b>	Fundamental movement skills Balance, agility and co-ordination	Fundamental movement skills Throwing and Catching	Multi-skills Dance	Ball skills Gymnastics	Striking and Fielding Team games	Athletics Team games
<b>Year 2</b>	Fundamental movement skills Balance, agility and co-ordination	Fundamental movement skills Throwing and Catching	Multi-skills Dance	Ball skills Gymnastics	Striking and Fielding Team games	Athletics Team games
<b>Year 3</b>	Swimming Technique, control and balance	Swimming Throwing and Catching	Swimming Dance	Swimming Gymnastics	Swimming Striking and Fielding	Swimming Athletics
<b>Year 4</b>	Multi-skills Technique, control and balance	Attacking & Defending Throwing and Catching	Dance Competitive games	Gymnastics Competitive games	Striking and Fielding Competitive games	OAA Athletics
<b>Year 5</b>	Multi-skills Technique, control and balance	Attacking & Defending Throwing and Catching	Dance Competitive games	Gymnastics Competitive games	Striking and Fielding Competitive games	OAA Athletics
<b>Year 6</b>	Multi-skills Technique, control and balance	Attacking & Defending Throwing and Catching	Dance Competitive games	Gymnastics Competitive games	Striking and Fielding Competitive games	OAA Athletics

Updated May 2025

Reviewed May 2025

