

St Joseph's Long Term PE Plan 2022-2023

PE	<i>Term 1</i>	<i>Term 2</i>	<i>Term 3</i>	<i>Term 4</i>	<i>Term 5</i>	<i>Term 6</i>
EYFS	Able to manipulate resources such as small world toys, simple puzzles pieces, page turning with growing control.	Moving with confidence in a range of ways developing core strength, balance, coordination and able to negotiate space.	Focusing on adjusting speed, direction and position. Focusing on using precision to control and manipulate resources and small equipment such as puzzles, books, small world, construction, craft tools and cutlery.	Showing good control, coordination and agility in large and small movements, safely negotiating space. Is proficient in handling equipment and tools, (including cutlery) effectively. Developing some accuracy in mark making activities such as drawing and writing. Beginning to use a secure hold to write comfortably and effectively.	Demonstrating strength, balance and coordination when playing; Moving energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Manipulating paper and pens when writing and drawing. Graphics are legible showing good control and coordination.
Year 1	Target Cricket	Coordination Tennis	Gym Football	Dance Invasion games	Infant agility Yoga	Tri Golf Rounders
Year 2	Tag Rugby (1) Dance	Tennis (1) Yoga	Cricket Tri Golf	Rounders Infant Agility	Tag Rugby (2) Tennis (2)	Gymnastics Infant Agility
Year 3 and 4	Cricket Multi Skills	OAA Dance	Football Gymnastics	Tag Rugby Yoga	Netball Tennis	Rounders Athletics
Year 5	Rounders Basketball	Football Dance	Badminton Gymnastics	Hockey Netball	OAA Multi Skills	Cricket Athletics
Year 6	Cricket Circuit training	Football Netball	Swimming Dance	Gymnastics Tag Rugby	OAA Tennis	Athletics Rounders

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NOTE: *Gymnastics, Dance, Striking and Fielding, Net wall game, Invasion Game, Athletics*

An invasion game is the term used for any game where the aim is to attack an opponent's territory and score a goal or point.

Striking and fielding games are games where players score points by striking an object and running to a designated playing area whilst the fielding skills are to recuperate the object.

Net Wall Games are activities in which players send an object towards a court or target that an opponent is defending.

