



St Agnes Physical Education Long Term Plan

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		Class 1	Class 2	Class 3	Class 4
Cycle 1	Autumn 1	Dance	Gymnastics Invasion games: throwing skills	Swimming Games: Netball	Athletics: Circuit Training Games: Netball
	Autumn 2	Gymnastics	Dance Invasion games: kicking skills	Swimming Gymnastics	Karate Games: Dodgeball
	Spring 1	Ball skills (throwing and catching)	Gymnastics Racket games	Swimming Dance	Gymnastics Games: Football
	Spring 2	Ball Skills (kicking and moving)	Dance Racket games	Karate Striking and fielding: Rounders	Tennis Striking and fielding: Cricket
	Summer 1	Athletics	Athletics Net games	Dance Games: Hockey	Dance: Zumba Games: Hockey
	Summer 2	Team games	Karat Striking and fielding games	Athletics Striking and Fielding: Cricket	Dance: Zumba Striking and fielding: Rounders



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Cycle 2	Autumn 1	Dance	Dance Team Games: Ball skills	Swimming Gymnastics	Gymnastics: Yoga Games: Netball
	Autumn 2	Gymnastics	Gymnastics Games: Ball skills	Swimming Dance	Dance: Aerobics Games: Football
	Spring 1	Ball skills (throwing and catching)	Dance Games: Football	Swimming Football	Athletics Games: Basketball
	Spring 2	Ball Skills (kicking and moving)	Athletics Cheerleading	Gymnastics Games: Basketball	Dance: Cheerleading Striking and Fielding: Cricket
	Summer 1	Athletics	Dance Racket games	Athletics Games: Tag Rugby	Dance: Line Dancing Games: Tag Rugby
	Summer 2	Team games	Gymnastics Athletics	Dance Striking and Fielding: Rounders	Gymnastics Striking and fielding: Rounders