

The Good Shepherd Catholic Primary School



*Following Jesus,
The Good Shepherd,
in all we say and do*

PE **Long Term Plan**



Following Jesus, The Good Shepherd, in all we say and do

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS	<u>Personal</u> Follow Instructions	<u>Social</u> Play with Others	<u>Cognitive</u> Follow Rules	<u>Creative</u> Observe and Copy	<u>Physical</u> Move in Different Ways	<u>Health and Fitness</u> Exercise and Good Health
	Movement Development	Dance	Gymnastics	Ball Skills	Fun and Games	Working with others
Year 1	<u>Personal</u> Stay on Task	<u>Social</u> Understand Others	<u>Cognitive</u> Observe and Describe	<u>Creative</u> Explore and Describe	<u>Physical</u> Control Movement	<u>Health and Fitness</u> Exercise and the Body
	Fitness	Dance	Gymnastics	Target Games: Dodgeball	Net/Wall Games: Tennis	Athletics
Year 2	<u>Personal</u> Keep Trying	<u>Social</u> Help and Encourage	<u>Cognitive</u> Understand Performance	<u>Creative</u> Link Movements	<u>Physical</u> Sequence Movements and Skills	<u>Health and Fitness</u> Practise Safely
	Invasion Game: Handball	Dance	Gymnastics	Target Games: Dodgeball	Net/Wall Games: Tennis	Athletics
Year 3	<u>Personal</u> Know where I am in my Learning	<u>Social</u> Share Ideas	<u>Cognitive</u> Recognise Success	<u>Creative</u> Respond Differently	<u>Physical</u> Perform and Repeat	<u>Health and Fitness</u> Know How and Why the Body Changes



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	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Invasion Game: Football	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics
Year 4	<u>Personal</u> Accept Challenge	<u>Social</u> Support others	<u>Cognitive</u> Identify Areas to Improve	<u>Creative</u> Recognise and Respond	<u>Physical</u> Select and Apply	<u>Health and Fitness</u> Prepare for Activity
	Invasion Game: Tag- Rugby	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics
Year 5	<u>Personal</u> Reach positively to Challenge	<u>Social</u> Provide Helpful Feedback	<u>Cognitive</u> Judge Performance	<u>Creative</u> Express Ideas	<u>Physical</u> Combining Skills in Specific Contexts	<u>Health and Fitness</u> Describe Basic Fitness Components
	Invasion Game: Netball	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics
Year 6	<u>Personal</u> Consistently to Improve	<u>Social</u> Organise and Guide Others	<u>Cognitive</u> Make Good Decisions	<u>Creative</u> Adapt/Change Activities	<u>Physical</u> Link Actions to Flow	<u>Health and Fitness</u> Monitor Activity
	Invasion Game: Hockey	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics



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Swimming Lessons

- All year groups from Reception to Year 6 will receive a 5-week block of swimming lessons in Spring 1. This will be from 13th January 2025 – 14th February 2025.