



SACRED HEART CATHOLIC PRIMARY SCHOOL

Physical Education - Subject Long-term planner 2024-2025



Red units= taught by sports coach

	Objective/Theme(s) Overview						
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Intro to PE unit 1	Fundamentals(outside)	Team building	Ball skills (outside)	Gymnastics	Tennis (outside)	Dodgeball
		Team building	Fundamentals (outside)	Fundamentals	Netball (outside)	Handball	Tennis (outside)
Autumn 2	Fundamentals unit 1	Ball skills (outside)	Dance	Basketball (outside)	Dance	Hockey (outside)	Dance
		Dance	Ball skills (outside)	Dance	Fitness (outside)	Dance	Football (outside)
Spring 1	Dance unit 1	Target games (outside)	Gymnastics	Hockey (outside)	Swimming (Mon)	American football NFL (outside)	Gymnastics
		Gymnastics	Target games	Gymnastics	Football (outside)	Gymnastics	American football NFL (outside)
Spring 2	Ball skills unit 1	Sending and receiving (outside)	Fitness	Handball (outside)	Swimming (Mon)	OAA (outside)	Netball
		Fitness	Sending and receiving(outside)	Fitness	Dodgeball (outside)	Basketball	OAA (outside)
Summer 1	Gymnastics unit 1	Net and wall games (outside)	Invasion games	Tennis(outside)	OAA	Badminton (outside)	Fitness
		Invasion games	Net and wall games (outside)	OAA	Tennis (outside)	fitness	Volleyball (outside)
							Swimming catch up sessions
Summer 2	Games unit 1	Striking and fielding (outside)	Athletics	Rounders (outside)	Athletics	Athletics (outside)	Cricket
		Athletics	Striking and fielding (outside)	Athletics	Cricket (outside)	Rounders	Athletics (outside)
							Swimming catch up sessions