



Springhill Catholic Primary School  
Whole School Long Term Plan  
Subject: PE



PE overview	Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>AUT 1</b>	Gymnastics <i>Games: basic skills</i>	Gymnastics <i>Games: Throwing and catching</i>	Gymnastics <i>Games: Throwing and catching</i>	<b>Gymnastics</b> Basketball Tennis	<b>Gymnastics</b> Basketball Tennis	<b>Gymnastics</b> Basketball Tennis	<b>Gymnastics</b> Basketball Tennis
Vocabulary	Hop, Skip, High, Low, Wide  <i>ABC, tall, star, send (throw), jump</i>	Forward, Backward, Travel, Shape, Star  <i>ABC, send (throw), receive (catch), collect</i>	Rotate (turn), full, half, position  <i>ABC, jump, together, single, react, underarm</i>	Mirror, Match, Contrast, Tuck, Lift  <i>ABC, Control, Stopping, Turning, Direction, Grip</i>	Curled, Stretched, Sequence, Smooth, Hold  <i>Upward, Downward, Continuously, Direction, Forehand, Score</i>	Opposite, Clockwise, Anti-clockwise, Taking off, Landing  <i>Direction, Forehand, Backhand, Control, Volley, Score</i>	Synchronisation, Canon, Control, Partner  <i>Direction, Forehand, Backhand, Control, Volley, Serve, Score</i>
<b>AUT 2</b>	Gymnastics <i>Games: basic skills</i>	Gymnastics <i>Games: Throwing and catching</i>	Gymnastics <i>Games: Throwing and catching</i>	<b>Tennis</b> <b>Football</b> <b>Dance</b> Basketball <b>Gymnastics</b>	<b>Tennis</b> <b>Football</b> <b>Dance</b> Basketball <b>Gymnastics</b>	<b>Tennis</b> <b>Football</b> <b>Dance</b> Basketball <b>Gymnastics</b>	<b>Tennis</b> <b>Football</b> <b>Dance</b> Basketball <b>Gymnastics</b>
Vocabulary	Hop, Skip, High, Low, Wide, Mat  <i>ABC, tall, star, send (throw), jump</i>	Forward, Backward, Travel, Shape, Star, Turn  <i>ABC, send (throw), receive (catch), collect</i>	Rotate (turn), full, half, position, quarter, three quarters  <i>ABC, jump, together, single, react, underarm</i>	Mirror, Match, Contrast, Tuck, Lift, Momentum  <i>ABC, Control, Stopping, Turning, Direction, Speed, Space</i>	Curled, Stretched, Sequence, Smooth, Hold, Symmetrical, Asymmetrical  <i>Upward, Downward, Continuously, Direction, Forehand, Space</i>	Opposite, Clockwise, Anti-clockwise, Taking off, Landing, Turn  <i>Upward, Downward, Continuously, Direction, Forehand, Awareness, Evade, Score, Intercept</i>	Synchronisation, Canon, Control, Partner, Lead  <i>Upward, Downward, Continuously, Direction, Forehand, Awareness, Evade, Score, Intercept, Officiate</i>
<b>SPR 1</b>	Gymnastics <i>Games: basic skills</i>	Gymnastics <i>Games: Throwing and catching</i>	Gymnastics <i>Games: Throwing and catching</i>	<b>Dance</b> Hockey Football Tag rugby	<b>Dance</b> Hockey Football Gaelic football	<b>Dance</b> Hockey Football Tag rugby	<b>Dance</b> Hockey Football Gaelic football
Vocabulary	Hop, Skip, High, Low, Wide, Mat  <i>ABC, tall, star, send (throw), jump</i>	Forward, Backward, Travel, Shape, Star, Turn, Roll  <i>ABC, send (throw), receive (catch), collect, bounce</i>	Rotate (turn), full, half, position, quarter, three quarters, sequence  <i>ABC, jump, together, single, react, underarm, loop, sideways</i>	Mirror, Match, Contrast, Tuck, Lift, Momentum, Symmetrical  <i>ABC, Control, Stopping, Turning, Direction, Speed, Space, Awareness</i>	Curled, Stretched, Sequence, Smooth, Hold, Symmetrical, Asymmetrical, up-right  <i>ABC, Control, Stopping, Turning, Direction, Speed, Space</i>	Opposite, Clockwise, Anti-clockwise, Taking off, Landing, Turn, Rotations, Partner  <i>ABC, Control, Stopping, Turning, Direction, Speed, Space, Awareness, Evade</i>	Synchronisation, Canon, Control, Partner, Lead, Match, Mirror  <i>ABC, Control, Stopping, Turning, Direction, Speed, Space, Awareness, Evade</i>
<b>SPR 2</b>	Gymnastics <i>Games: basic skills</i>	Gymnastics <i>Games: Throwing and catching</i>	Gymnastics <i>Games: Throwing and catching</i>	<b>Gymnastics</b> Tag rugby Cricket Hockey	<b>Gymnastics</b> Gaelic football Cricket Hockey	<b>Gymnastics</b> Tag rugby Cricket Hockey	<b>Gymnastics</b> Gaelic football Cricket Hockey
Vocabulary	Hop, Skip, High, Low, Wide, Mat, Forward, Backward  <i>ABC, tall, star, send (throw), jump</i>	Forward, Backward, Travel, Shape, Star, Turn, Roll, Under, Over  <i>ABC, send (throw), receive (catch), collect, bounce</i>	Rotate (turn), full, half, position, quarter, three quarters, sequence, pike, twist  <i>ABC, jump, together, single, react, underarm, loop, sideways, high, low</i>	Mirror, Match, Contrast, Tuck, Lift, Momentum, Symmetrical, Asymmetrical  <i>Space, Speed, Awareness, Hand-eye co-ordination, Catch, Underarm, Overarm</i>	Curled, Stretched, Sequence, Smooth, Hold, Symmetrical, Asymmetrical, up-right, Neutral  <i>Space, Speed, Awareness, Catch, Underarm, Overarm</i>	Opposite, Clockwise, Anti-clockwise, Taking off, Landing, Turn, Rotations, Partner, Axis  <i>Space, Speed, Awareness, Bowl</i>	Synchronisation, Canon, Control, Partner, Lead, Match, Mirror, Counter-balance, Counter-tension  <i>Space, Speed, Awareness, Intercept, Bowl</i>



<b>SUM 1</b>	Gymnastics <i>Games: basic skills</i>	Gymnastics <i>Games: Throwing and catching</i>	Gymnastics <i>Games: Throwing and catching</i>	<i>Cricket</i> Athletics – field Athletics – track Gymnastics	<i>Cricket</i> Athletics – field Athletics – track Gymnastics	<i>Cricket</i> Athletics – field Athletics – track Gymnastics	<i>Cricket</i> Athletics – field Athletics – track Gymnastics
Vocabulary	Hop, Skip, High, Low, Wide, Mat, Forward, Backward, Travel, Tuck  <i>ABC, tall, star, send (throw), jump</i>	Forward, Backward, Travel, Shape, Star, Turn, Roll, Under, Over, small parts points  <i>ABC, send (throw), receive (catch), collect, bounce, push, pull</i>	Rotate (turn), full, half, position, quarter, three quarters, sequence, pike, twist, strong  <i>ABC, jump, together, single, react, underarm, loop, sideways, high, low</i>	Mirror, Match, Contrast, Tuck, Lift, Momentum, Symmetrical, Asymmetrical, Bridge  <i>ABC, Control, Stopping, Turning, Direction, Speed, Aim, Hand-eye co-ordination,</i>	Curled, Stretched, Sequence, Smooth, Hold, Symmetrical, Asymmetrical, up-right, Neutral, Apparatus  <i>ABC, Control, Stopping, Turning, Direction, Speed, Aim, Hand-eye co-ordination, Anticipation</i>	Opposite, Clockwise, Anti-clockwise, Taking off, Landing, Turn, Rotations, Partner, Axis, Co-operate  <i>ABC, Control, Stopping, Turning, Direction, Speed, Aim, Hand-eye co-ordination, Anticipation, Wicket</i>	Synchronisation, Canon, Control, Partner, Lead, Match, Mirror, Counter-balance, Counter-tension, Stable base, Barrier  <i>ABC, Control, Stopping, Turning, Direction, Speed, Aim, Hand-eye co-ordination, Anticipation, Wicket, Bowler</i>
<b>SUM 2</b>	Gymnastics <i>Games: basic skills</i>	Gymnastics <i>Games: Throwing and catching</i>	Gymnastics <i>Games: Throwing and catching</i>	Athletics – track Athletics – field Invasion games	Athletics – track Athletics – field Invasion games	Athletics – track Athletics – field Invasion games	Athletics – track Athletics – field Invasion games
Vocabulary	Hop, Skip, High, Low, Wide, Mat, Forward, Backward, Travel, Tuck  <i>ABC, tall, star, send (throw), jump</i>	Forward, Backward, Travel, Shape, Star, Turn, Roll, Under, Over, small and large part points  <i>ABC, send (throw), receive (catch), collect, bounce, push, pull</i>	Rotate (turn), full, half, position, quarter, three quarters, sequence, pike, twist, strong  <i>ABC, jump, together, single, react, underarm, loop, sideways, high, low, release</i>	Mirror, Match, Contrast, Tuck, Lift, Momentum, Symmetrical, Asymmetrical, Bridge, Straddle, Shoulder stand  <i>ABC, Control, Stopping, Turning, Direction, Speed, Decision-making, Teamwork</i>	Curled, Stretched, Sequence, Smooth, Hold, Symmetrical, Asymmetrical, up-right, Neutral, Apparatus, Levels  <i>ABC, Control, Stopping, Turning, Direction, Speed, Decision-making, Teamwork</i>	Opposite, Clockwise, Anti-clockwise, Taking off, Landing, Turn, Rotations, Partner, Axis, Co-operate  <i>ABC, Control, Stopping, Turning, Direction, Speed, Decision-making, Officiate</i>	Synchronisation, Canon, Control, Partner, Lead, Match, Mirror, Counter-balance, Counter-tension, Stable base, Barrier  <i>ABC, Control, Stopping, Turning, Direction, Speed, Decision-making, Officiate, Rules, Progression</i>

ABC = Agility, Balance, Co-ordination

**Indoor PE – main hall**

**Sports Day skills preparation**

**Teacher/YG choice of small-sided games**