



Adlington St. Paul's Long Term PE Plan 2024-2025



PE - Long Term Plan 2024/2025						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamental Movement Skills	Jack and the Beanstalk	Space	Elmer	Mini Beasts	Rosie's walk
	Transport	Hungry Caterpillar	How to catch a star	Rumble in the jungle	Superworm	Seaside
Year 1	Gymnastics	Dance - Animals	Rolling a ball	Underarm throw	Overarm Throw	Zog
	Lost and Found	Catching and bouncing a ball	Kicking	Athletics	Supertato	Jack and the Beanstalk
Year 2	Gymnastics	Dance – Pirates	The Great Outdoors	Athletics	Playground games in the 20 th century	Athletics
	Games – Piggy in the Middle	Bounce Ball	Net and wall	Striking and Fielding	Tri Throif	End of KS1 assessment
Year 3	Gymnastics	Striking and Fielding	Gymnastics	Athletics	Teamwork and Problem Solving	Dance - Romans
	Teamwork and problem solving	Target Games Dodgeball	Invasion Games Handball	Swimming	Swimming	Swimming
Year 4	Creative Games Tag and Target	Teamwork and problem solving	Gymnastics	Net and Wall	Cricket	Net and wall
	Gymnastics	Dance - Vikings	Target Games Dodgeball	Athletics	Trust and trails	Rounders
Year 5	Gymnastics	Invasion Games Hockey	Net and Wall - Tennis	Athletics	Invasion Games Netball	Orienteering
	Team building	Dance - Haka	Creative Games	Striking and fielding Rounders	Teamwork and Problem Solving	Rugby
Year 6	Swimming	Swimming	Swimming	Net and Wall Tennis	Orienteering	Teamwork and Problem Solving
	Teamwork and Problem Solving	Dance – The Haka	Invasion Games Netball	Athletics	Creative Games	Cricket