



St. Joseph's Catholic Academy 2025-2026 PE Long Term Plan



	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Nursery	Multi-Skills <u>Autumn</u>	Music & Movement <u>Dance</u>	Multi-Skills <u>Winter</u>	Music & Movement <u>Dance</u>	Multi-Skills <u>People Who Help Us</u>	Music & Movement <u>Dance & Gymnastics</u>	<u>Multi-Skills Dinosaurs</u>	Music & Movement <u>Dance</u>	<u>Multi-Skills Growing</u>	Music & Movement / Athletics	Music & Movement <u>Dance</u>	<u>Multi-Skills The Jungle</u>
Reception	<u>Multi-Skills Superheroes</u>	Multi-Skills <u>Improve Agility</u>	Multi-Skills <u>Improve Catching</u>	Gymnastics & Improve <u>Balance</u>	Multi-Skills <u>Space</u>	Dance	Multi-Skills	<u>Multi-skills / Football</u>	<u>Multi-Skills Improve Throwing</u>	<u>Multi-Skills / Athletics</u>	Multi-Skills / <u>At the beach</u>	Multi-Skills <u>Under the Sea</u>
Year 1	<u>Striking & Fielding</u>	Multi-Skills & <u>Improve Catching</u>	Football - Invasion Games	<u>Gymnastics</u>	<u>Invictus</u>	<u>Dance</u>	Multi-Skills <u>Improve Agility</u>	<u>Improve Throwing</u>	Health Related Exercise	<u>Athletics</u>	<u>Team Games/OAA</u>	Multi-Skills & Tennis
Year 2	Multi-Skills & <u>Improve Catching</u>	<u>Cricket</u>	<u>Invictus</u>	Gymnastics & <u>Improve Balance</u>	Health Related Exercise	<u>Dance</u>	Multi-Skills & <u>Improve Agility</u>	<u>Football - Invasion Games</u>	<u>Athletics & Improve Throwing</u>	<u>Athletics</u>	<u>OAA Orienteering</u>	Multi-Skills & Tennis
Year 3	Football	<u>Cricket</u>	Tag-Rugby	<u>Gymnastics</u>	<u>Handball</u>	<u>Dance</u>	<u>Basketball</u>	<u>OAA / Team Games</u>	<u>Rounders</u>	<u>Athletics</u>	<u>Health Related Exercise</u>	<u>Tennis</u>
Year 4	Health Related Exercise	<u>Cricket</u>	<u>Football</u>	<u>Gymnastics</u>	<u>Handball</u>	<u>Dance</u>	<u>swimming</u>	<u>OAA Orienteering</u>	<u>swimming</u>	<u>Athletics</u>	<u>swimming</u>	<u>Tennis</u>
Year 5	<u>swimming</u>	<u>Cricket</u>	<u>swimming</u>	Gymnastics / Parkour	<u>swimming</u>	<u>Dance</u>	<u>Tag-Rugby</u>	<u>OAA Team Games</u>	<u>Hockey</u>	<u>Athletics</u>	<u>HRE / Types of Training</u>	<u>Tennis</u>
Year 6	<u>Gymnastics</u>	<u>Cricket</u>	Tag-rugby	<u>Basketball</u>	<u>Handball</u>	<u>Dance</u>	<u>Football</u>	<u>Health Related Exercise</u>	<u>Athletics</u>	<u>Rounders</u>	<u>Hockey</u>	<u>Tennis</u>

CPD with Mr Sigley **CPD with Staffordshire Cricket** **Swimming Lessons**

Kayaking at Stanley Head – Y5, OAA Residential at Stanley Head – Y6