

## St. Laurence's P.E. Curriculum Long Term Plan 2024/25

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movement Skills (Finding Space & Moving Safely)	Movement Development (Different ways of moving)	Gymnastics (Shape & Movement)	Throwing & Catching (Ball Skills: Individually & partner work)	Working with others (Team games)	Sports-hall Athletics (Running, Jumping & Throwing)
Year 1	Fundamental Movement Skills (Agility, Balance & Coordination)	Invasion Games (Basketball Skills) & Dance (Movement Development: Animals in the Jungle)	Gymnastics (Shape and Movement)	Sports hall Agility (Athletics: Running, Jumping & Throwing)	Net & Wall (Tennis)	Strike & Fielding: Cricket (Bowling, Batting & Fielding)
Year 2	Invasion Games: Basketball (Ball Skills)	Fundamental Movement Skills & Dance (Movement Creatures in the night)	Gymnastics (Shape and Movement)	Sports hall Agility (Athletics: Running, Jumping & Throwing)	Net & Wall (Tennis)	Strike & Fielding: Cricket (Bowling, Batting & Fielding)
Year 3	Invasion Games (Basketball) Ball control & movement	Invasion Games (Netball: Footwork & Attacking) & Dance (Compose & Perform)	Fundamental Skills (Magnificent 7) & Boccia/Archery (Inclusive)	Striking/Fielding (Tri-Golf) & Gymnastics (Creating sequences)	Net & Wall (Tennis)	Quad Kids (Athletics) / OAA
					Swimming Lessons (8 weeks)	
Year 4	Invasion Games (Netball: Footwork & Attacking)	Invasion Games (Basketball) Ball control & movement & Dance (Compose & Perform)	Fundamental Skills (Magnificent 7) & Boccia/Archery (Inclusive)	Striking/Fielding (Tri-Golf) & Gymnastics (Creating sequences)	Net & Wall (Tennis)	Quad Kids (Athletics) / OAA
			Swimming Lessons			
Year 5	Sports-hall Athletics Long/Short distance & Relay running	Fitness (HIIT/Boxing Fitness/Rowing)	Gymnastics & Invasion Games (Basketball: Attacking & Defending)	Invasion Games (Tag-Rugby & Netball) Attacking & Defending	Net & Wall (Tennis) Accuracy and positioning	Striking/Fielding (Rounders) & Orienteering
	Swimming Lessons					
Year 6	Sports-hall Athletics Long/Short distance & Relay running	Fitness (HIIT/Boxing Fitness/Rowing)	Invasion Games (Tag-Rugby & Netball) Attacking & Defending	Gymnastics & Invasion Games (Basketball: Attacking & Defending)	Net & Wall (Tennis) Serving & Tactics	Striking/Fielding (Rounders) & Orienteering
						Top-Up Swimming (4 weeks)

