

St Thomas's Centre
PE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ruby	FMS - Catching and Bouncing a Ball Swimming	FMS - Kicking Swimming	FMS - Gymnastics Swimming	FMS - Overarm Throw Swimming	Games - Striking and Fielding Swimming	FMS - End of KS1 Assessment Swimming
Emerald	FMS Catch Up - Kicking Swimming	Invasion Games – Handball Swimming	Gymnastics Swimming	Net and Wall Swimming	Athletics Swimming	Health Related Fitness Swimming
Diamond	Creative Games - Tag and Target Swimming	Invasion Games – Rugby Swimming	Gymnastics Swimming	Net and Wall Swimming	Athletics Swimming	Striking and Fielding - Rounders Swimming
Sapphire	OAA - Teamwork and Problem Solving Swimming	Invasion Games – Rugby Swimming	Gymnastics Swimming	Net and Wall - Tennis Swimming	Athletics Swimming	Striking and Fielding - Cricket Swimming