PE: St Joseph's Withnell

Long Term Plan

Term	Class 1	Class 2	Class 3	Class 4
Autumn 1	Fundamental Movements	Athletics Invasion Games	Athletics Invasion Games	Athletics Invasion Games
Autumn 2	Fundamental Movements Dance	Athletics Gymnastics	Athletics Gymnastics	Athletics Gymnastics
Spring 1	Fundamental Movements Gymnastics	Net and Wall Games Dance	Net and Wall Games Dance	Net and Wall Games Dance
Spring 2	Fundamental Movements Gymnastics	Net and Wall Games OAA	Net and Wall Games OAA	Net and Wall Games OAA
Summer 1	Fundamental Movements Athletics	Striking and Fielding Athletics	Striking and Fielding Athletics	Striking and Fielding Athletics
Summer 2	Fundamental Movements Athletics	Striking and Fielding Athletics	Striking and Fielding Athletics	Striking and Fielding Athletics

FMS can be defined as a set of basic, learned motor patterns that do not occur naturally. The typical progression from inefficient to more proficient and mature patterns of movement requires high-quality instruction, practise and feedback. FMS can be subdivided into 3 sets of skills that have commonly identified constituent aspects of effective preparation, execution and recovery: locomotor skills, for example running and jumping, stability skills, for example twisting and balancing and manipulation skills, such as throwing and catching.