

PE Long Term Plan 2025-26



		Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aut 1	Week 1-3	Locomotion- <i>Walking</i>	Locomotion - <i>jumping</i>	Locomotion- <i>jumping</i>	Dance- <i>Weather</i>	Dance- <i>Space</i>	Dance- <i>The circus</i>	Dance- <i>carnival</i>
	Week 4-6	Locomotion- <i>Jumping</i>	Team building	Team building	Tag Rugby	Tag rugby	Tag Rugby	Swimming
Aut 2	Week 1-3	Ball skills- <i>Hands 1</i>	Health related exercise	Health related exercise	Health and Wellbeing- <i>mindfulness</i>	Health and Wellbeing- <i>mindfulness</i>	Health Related Exercise	Health Related Exercise
	Week 4-6	Dance- <i>Nursery rhymes</i>	Ball skills - <i>hands</i>	Ball skills - <i>hands</i>	Gymnastics- <i>Canon and Unison</i>	Gymnastics- <i>Bridges</i>	Gymnastics- <i>Counter balance and counter tension</i>	Swimming
Spr ing 1	Week 1-3	Invictus - <i>Boccia</i>	Invictus- <i>Boccia</i>	Invictus- <i>Boccia</i>	Invictus- <i>Boccia</i>	Invictus- <i>Boccia</i>	Invictus- <i>Boccia</i>	Invictus- <i>Boccia</i>
Spr 1	Week 4-6	Ball skills- Hands 2	Gymnastics- <i>body parts</i>	Gymnastics- <i>pathways</i>	Basketball	Basketball	Swimming	Gymnastics- <i>Matching and mirroring</i>
Spr 2	Week 1-3	Gymnastics <i>High, low, under, over</i>	Dance	Dance	Tennis	Tennis	Swimming	Football
	Week 4-6	Attack V Defense	Games for understandi ng	Games for understanding	Hockey	Hockey	Badminton	Badminton
	Week 1-3	Gymnastics- <i>Moving</i>	Ball skills- <i>feet</i>	Ball skills- <i>feet</i>	Orienteering	Orienteering	Swimming	Tennis

PE Long Term Plan 2025-26

Sum 1	Week 4-6	Ball skills- <i>Feet</i>	Gymnastics- <i>wide, narrow, curled</i>	Gymnastics- <i>wide, narrow, curled</i>	Rounders	Rounders	Rounders	Rounders
Sum 2	Week 1-3	Ball skills- <i>Rackets, Bats, Balls and Balloons</i>	Locomotion - <i>Running</i>	Locomotion- <i>Running</i>	Athletics	Athletics	Swimming	Orienteering
	Week 4-6	Athletics	Ball skills- <i>Rackets, bats and balls</i>	Ball skills- <i>Rackets, bats and balls</i>	<i>Athletics- throwing and jumping</i>	Athletics-	Athletics	Athletics

EARLY YEARS	KEY STAGE 1	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Agility Balance Catching Throwing All covered within each topic.	Games- 3 Dance- 1 Gymnastics- 2 Athletics- 1 OAA- 1	Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 1 Dance- 1 Gymnastics- 1 OAA- 2 Athletics- 1	Invasion Games- 3 Net/Wall- 1 Striking and Fielding- 1 Dance- 1 Gymnastics- 1 OAA- 2 Athletics- 1	Swimming-4 Invasion Games- 1 Net/Wall- 1 Striking and Fielding- 1 Athletics- 1 Dance- 1 Gymnastics-1	Swimming-2 Invasion Games- 2 Net/Wall- 1 Striking and Fielding- 1 Gymnastics- 1 Dance- 1 Athletics- 1 OAA- 1

PE Long Term Plan 2025-26



October	November	December	January	February	March	April	May	June	July
Y5/6 Tag Rugby	Paralympic Festival	Gymnastics Festival	EYFS Multisport	Y3/4 Basketball Sportability	Y5/6 Hockey	Y3/4 Rugby Union	Y3 Tennis	Y4 Tennis	KS1 OAA
KS1 Indoor Athletics	Y5/6 High 5		Y5/6 Basketball	Boccia	Y3/4 Quicksticks Hockey	Sportability	Y3/4 Orienteering	Y5/6 Girls Kwik Cricket	Sportability Striking & Fielding/ Net & Wall
				Y4/5 Girls Football	Y4 Rugby League	Invasion Games	Y5/6 Quick Cricket	Y3/4 Quadkids Athletics	Y5/6 Rugby League
					Dance Festival		Fun Run	Athletics Festival	Y3/4 Kwik Cricket
								Y5/6 Mini Tennis	