



PE - Long Term Plan 2025-26

	Miss Dulai
	Class teacher

	Autumn 1-7weeks +2 days	Autumn 2-7 weeks	Spring 1-6 weeks	Spring 2-5 weeks	Summer 1-6 weeks	Summer 2-7 weeks+2days
Rec	Fundamental skills – spatial awareness	Fundamental skills – ball control	Dance	Gymnastics - floor	Ball skills – throw and catch Premier Sports - football	Ball skills - bat and ball
Year 1	Gymnastics (4 weeks) Floor work Games – bat and ball	Fundamental Skills – run and jump Premier Sports - Volleyball	Gymnastics – apparatus Games – invasion - football	Games - attacking and defending Games – throwing and catching	Balls skills – basketball Athletics – field	Multi-skills/Sports Day Dance – King and Queen
Year 2	Gymnastics – Floor Games – throw and catch and ball skills	Dance – Great Fire of London Dance – Christmas performance	Gym – apparatus Invasion games – football	Invasion games – basketball Prem Sports- Tennis	Multi skills – athletics track OAA	Athletics- Field Invasion games – tag rugby
Year 3	OAA Invasion games - Football	Bhangra dance Invasion games- Hockey	Gym Premier Sport- Tchoukball	Striking & Fielding games - cricket Invasion games – tag rugby	Athletics Invasion games - netball	Athletics Swimming
Year 4	Gymnastics Swimming	Tag Rugby Swimming	Dance Swimming	OAA Swimming	Striking and Fielding Swimming	Athletics Premier sports - Cricket
Year 5	Invasion Games - Tag rugby Football	OAA Handball	Invasion Games - Basketball Gymnastics	Athletics – track Dance	Athletics – field Striking & fielding rounders	Striking & fielding – cricket
Year 6	Invasion games – tag rugby Premier Sports - Football	OAA Invasion Skills - netball	Gymnastics Hockey	Invasion Games - basketball Hockey	Dance Cricket	Athletics Rounders