

# PE Long Term Plan 2025- 2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>INTRODUCTION TO PE</b> Fundamental movement skills.	<b>FUNDAMENTAL SKILLS</b> Through story telling.  Developing Motor skills.	<b>DANCE</b> Perform using a range of actions and body parts.	<b>GYMNASTICS</b> Exploring the fundamentals of gymnastics learning balances, shapes and jumps.	<b>GAMES</b> Further develop Fundamental movement skills through games.	<b>BALL SKILLS</b> Looking at fundamental ball skills such as rolling and receiving a ball.
Year 1	<b>FUNDAMENTAL SKILLS</b> Through story telling.  Developing Motor skills.	<b>BALL SKILLS</b> Fundamental ball skills such as throwing, catching and rolling.	<b>GYMNASTICS</b> Exploring the fundamentals of gymnastics learning shapes, jumps and rolls.  <b>DANCE</b> Perform using a range of actions and body parts with some coordination.	<b>THROWING AND CATCHING</b> Exploring the fundamentals of <b>SENDING AND RECEIVING</b> .	<b>NET AND WALL GAMES</b> Looking at control and technique of using a racket.	<b>ATHLETICS</b> Starting to compete in activities such as running races and building on motor skills.
Year 2	<b>FUNDAMENTAL SKILLS</b> Through story telling.  Combining motor skills in sequence.	<b>BALL SKILLS</b> Fundamental ball skills such as throwing, catching and rolling.	<b>GYMNASTICS</b> Exploring gymnastics learning shapes, jumps and rolls and learning sequences and patterns.  <b>DANCE</b> Remember & perform actions from a taught dance.	<b>THROWING AND CATCHING</b> Exploring the fundamentals of <b>SENDING AND RECEIVING</b> .	<b>NET AND WALL GAMES</b> Looking at control and technique of using a racket and exploring different types of shots.	<b>ATHLETICS</b> Starting to compete in activities such as running races and throwing activities, building on motor skills.
Year 3	<b>INVASION GAMES</b> Learning the fundamental skills of invasion games though <b>HANDBALL</b> .	<b>INVASION GAMES</b> Building on teamwork and starting to compete in <b>HOCKEY</b> .	<b>GYMNASTICS</b> Exploring gymnastics learning shapes, jumps, rolls and balances and create sequences.  <b>DANCE</b> Begin to improvise with a partner to create a simple dance.	<b>NET AND WALL</b> Exploring the fundamentals of <b>TENNIS</b> looking at swings and serves and to finish by playing basic matches.	<b>STRIKING AND FIELDING</b> Learning the fundamentals of striking and fielding though <b>CRICKET</b> .	<b>ATHLETICS</b> Compete in a range of activities showing off their basic motor skills such as running, jumping and throwing events like shotput and hurdles.
Year 5	<b>INVASION GAMES</b> Learning the fundamental skills of invasion games though <b>HANDBALL</b> and learning to manipulate space.	<b>INVASION GAMES</b> Developing a deeper knowledge of attacking and defending in <b>HOCKEY</b> .	<b>GYMNASTICS</b> Exploring gymnastics learning shapes, jumps, rolls, balances and advanced skills such as cartwheels and handstands creating routines and sequences.  <b>DANCE</b> Compose individual, partner and group movement sequences that reflect the chosen dance genre.	<b>NET AND WALL</b> Exploring the fundamentals of <b>TENNIS</b> looking at swings and serves and to finish by looking at the rules and competing.	<b>STRIKING AND FIELDING</b> Building on the fundamentals of striking and fielding to start to compete in <b>CRICKET</b> .	<b>ATHLETICS</b> To compete in a range of activities working towards an Olympic style event and to start to work on officiating the events themselves.
Year 6	<b>INVASION GAMES</b> Learning the fundamental skills of invasion games though <b>HANDBALL</b> working on utilising space and communication.	<b>INVASION GAMES</b> Utilising attacking and defending skills in <b>HOCKEY</b> as a team .	<b>GYMNASTICS</b> Exploring gymnastics learning shapes, jumps, rolls, balances and advanced skills such as cartwheels and handstands creating routines and sequences. Giving positive and constructive feedback.  <b>DANCE</b> Use dramatic expression in dance movements and motifs.	<b>NET AND WALL</b> Exploring the fundamentals of <b>TENNIS</b> looking at swings and serves and to recognise different strategies within the swings and to compete confidently in tennis.	<b>STRIKING AND FIELDING</b> Diving deeper into striking by striking with accuracy in <b>GOLF</b> .	<b>ATHLETICS</b> To work on officiating skills in Olympic style events and to be confident in making a choice as an official.