

PE Long term plan 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Spatial awareness (Bikes) Physical development Gross Motor skills	Locomotion	Dance	Attack vs Defence	Athletics (Rules, Short sprints, throwing, jumping)	Ball skills- Hand and feet
Year 1	Fundamental skills (running, jumping, coordination, throwing, catching, kicking and striking)	Gymnastics Invasion games- Feet (Football)	Invasion games- Feet (Football)	Invasion games- Hand (handball/netball/dodgeball)	Athletics (short sprints, throwing)	Striking and fielding (Rounders)
Year 2	Skipping/circuits	Invasion games- Hand (Basketball)	Dance	Invasion games- Feet (Football)	Athletics (Short sprints, throwing and long jump)	Net games (Tennis)
Year 3	Invasion games- Hand (Dodgeball)	Gymnastics	Invasion games- Feet (Football)	Invasion games- Hand (Basketball)	Athletics (Sprints, relay, throwing and long jump)	Striking and fielding (Rounders)

Year 4	Invasion games- Hands (Rugby)	Invasion Games- Feet (Hockey)	Dance (Linked to Roman Topic)	Invasion game (Football)	Striking and fielding (Cricket)	Tennis /swimming
Year 5	Invasion games (Football)/swimming	Gymnastics	Gymnastics/swimming	Invasion Games (Netball)	Striking and fielding (Cricket)	Striking and fielding (Rounders)
Year 6	Play leader Invasion games (Rugby)	Invasion games (Hockey)	Dance	Invasion Games (Netball)	Striking and fielding (Cricket)	Net games (Tennis)