

PE Long Term Plan 2025-2026

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamentals Agility/balance/ co ordination MB	Gymnastic (floor) MB	Gymnastics (large apparatus) MB	Invasion Games/ball skills MB	Striking and fielding MB	Swimming
1	Run, Jump Throw unit 1 OAA MF	Hit, Catch, Run unit 1 (KP) Attack, defend, Shoot Unit 1 MF	Gymnastics MF Send and Return Unit 1 (KP)	Attack, defend, shoot Unit 2 MF Swimming	Run, jump, throw unit 2 (KP) Dance HV	Send and Return unit 2 (KP) Hit, catch, run unit 2 KP
2	Run, Jump Throw Unit 1 (ET) OAA (ET)	Hit, Catch, Run unit 1 (ET) Attack, defend, shoot unit 1 ET	Send and return Unit 1 ET Gymnastics ET	Run, jump, throw unit 2 ET Dance (HV)	Send and return Unit 2 ET Swimming	Hit, catch, run unit 2 ET Attack, defend, shoot, unit 2 ET
3	OAA ED Football (MB)	Hockey ED Rugby (MB)	Dance (HV) Gymnastics (MB)	Badminton Athletics ED	Tennis (MB) Cricket MB	Swimming Rounders ED
4	Rugby MB Netball (DD)	Dance HV Football MB	Badminton DD Gymnastics MB	Hockey DD Swimming	Rounders OAA	Athletics Tennis

5	Dance HV Rugby MF	Football Netball MF	Swimming Badminton MF	Gymnastics MB Hockey MF	Rounders MF Cricket MB	Athletics MB Tennis MF
6	Swimming Football MB	Swimming Rugby MB	Gymnastics (MB) Hockey AG	Athletics AG Netball MB	Rounders AG Cricket MB	Tennis MB Dance HV