

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 |

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|---|-------------------------|------------------------|------------------------------|----------------------------|---------------------------|---------------------------|
| 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 |