

PE - Long Term Plan 25/26

Year Group	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Foundation	Learning to move safely in a space.	Explore different ways to travel using equipment.	Learning to Control a ball in different ways. Balance on a variety of equipment and climb.	Jump and land safely from a height.	Move safely with confidence and imagination, communicating ideas through movement.	Play by the rules and develop coordination.
Year 1	Ball games Gymnastics	Multi skills Dance	Ball skills Yoga	Multi skills Dance	Ball games Indoor athletics	Athletics Ball games
Year 2	Dance Ball skills	Gymnastics Ball games	Dance Football fundamentals	Gymnastics Multi skills	Indoor ball games Rugby fundamentals	Indoor athletics Athletics
Year 3	Games Dance	Net and Wall games Gymnastics	Net and wall games Dance	Invasion Games (dodgeball) Gymnastics	Striking and fielding Dance	Athletics Gymnastics
Year 4	Swimming Multi Skills	Swimming Gymnastics	Swimming Dance Invasion Games (Hockey)	Swimming Gymnastics Invasion Games (Hockey)	Swimming Athletics	Swimming Striking and Fielding (cricket and rounders)
Year 5	Swimming/ Net & Wall Games Dance	Swimming/ Net & Wall Games Gymnastics	Swimming/Striking & Fielding Dance	Swimming/Invasion games (Tag Rugby) Gymnastics	Swimming/Invasion games (Tag Rugby) Dance	Swimming/Athletics/OAA Gymnastics
Year 6	Netball Dodgeball	Gymnastics Dance	Basketball Tag rugby	Gymnastics Dance	Football Fitness	Athletics Kwik Cricket

In line with Trust competitions

Provisional trust competition dates:

Year 6 Football	3 rd June
Year 5 Rugby	10 th June
Year 4 Hockey	24 th June
Year 3 Dodgeball	1 st July