



Physical Education Long Term Plan 2025 - 2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE Pupils will learn the basic principles of movement fundamentals such as running, jumping and skipping and partake in simple activities. Children will learn to stop and start and how to find a space. Children will move freely to music. Children will explore moving while holding different striking equipment and a beanbag. Actions will be related to different animals.	Fundamentals Pupils will develop balancing, running, jumping, hopping, travelling and changing direction skills. Fine and gross motor skills will be developed by handling equipment. Will work independently. Children will begin to learn to copy a simple dance phrase connected to Diwali and Christmas.	Fundamentals Dance Three Little Pigs Pupils will copy, repeat and remember actions. Simple routines will be performed. Children will experience dancing as a different character.	Fundamentals Gymnastics Unit 1 Pupils will explore shape and space safely. Basic skills will be performed on the floor and soft and low apparatus.	Fundamentals Games and Racing Unit 1 Pupils will learn to play simple games with a partner and in a small group. They will begin to learn to win, lose and take turns. They will practise races for sports day.	Fundamentals Games Ball Skills Unit 1 Pupils will learn to travel with, throw, catch, dribble, and strike a ball Lessons will be related to pirates and sea creatures.
Reception	Introduction to PE Pupils will learn the basic principles of PE lessons including some safety rules. They will participate in some fundamentals such as running, jumping and skipping and partake in simple games. Children will make a ball move in different ways. Pupils will take turns and travel along a bench safely in a variety of ways.	Fundamentals Pupils will develop balancing, running, jumping, hopping, travelling and changing direction skills. Fine and gross motor skills will be developed by handling equipment. Pupils will work independently and in pairs. Pupils will copy a simple dance phrase connected to Diwali with more control and balance within their movements.	Fundamentals Dance Places and Winter Pupils will explore spaces. They will explore travelling, shapes and balances. Pupils will copy, repeat and remember actions. Performance and simple evaluation will be introduced. Actions and songs learnt will be related to London	Fundamentals Gymnastics Shape Pupils will focus on the shape they make in the air, while travelling and while balancing.	Fundamentals Games and Races Unit 2 Pupils will learn to play simple games with a partner and in a small group. They will learn to win, lose and take turns. They will prepare for sports day and begin to understand taking part is more important than winning.	Fundamentals Games Ball Skills Pupils will practise basic ball skills of rolling, kicking, throwing and catching including at a target. Simple games with rules will be introduced.
	Early Years children will have achieved the following skills by the end of Reception: <u>Physical Development</u> <u>Gross Motor Skills</u> - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination for themselves and others. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <u>Personal, Social and Emotional Development</u> <u>Self regulation</u> - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. <u>Managing Self</u> - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. - Explain the reason for rules, know right from wrong and try to behave accordingly. <u>Building Relationships</u> - Work and play cooperatively and take turns with others. - Show sensitivity towards their own and others needs. <u>Expressive Arts and Design</u> <u>Being Imaginative and Expressive</u> - When appropriate try to move in time to music					

Year 1	Fundamentals Pupils will develop their running, jumping, hopping and skipping skills and identify their own strengths and weaknesses. Gymnastics Travel and Balance Children will explore travelling and balancing on different body parts. Children will learn to roll sideways.. Children will plan, practice and perform simple sequences on the floor and apparatus.	Dance Weather and Toys Pupils will understand why it is easy to count to music and use this in their dances. Pupils will copy and repeat actions learning how to link them together. Pupils will work individually and with a partner. Games Ball Skills Pupils will explore and develop their fundamental skills such as throwing, catching, rolling and dribbling with both their hands and feet.	Health,Fitness and Lifestyle Yoga/ Fitness Improve well-being and fitness levels by building strength, flexibility, coordination and balance. Learn how to improve their breathing and meditate through fun activities. Games Target Skills Pupils will learn strategies for target games using both underarm and overarm actions and kicking.	Gymnastics Jumps and rolls Pupils will learn how to perform side rolls including sausage and tucked roll. Teddy roll to be introduced. Pupils will master the star and straight shape while in the air, learning how to jump and land with control. Games Sending and Receiving Pupils will learn how to send and receive a ball using their hands, feet and a variety of equipment. Pupils will put these actions into simple game situations.	Dance 1960's Pupils will learn traditional dances from the 1960's. Children will copy, move in time, perform and evaluate. Athletic Type Activities .Running, Jumping ,Hopping, skipping Pupils will practise and learn to improve their running, jumping, hopping and skipping skills with and without equipment. Children will put actions into competitive situations including sports day.	Team Building Pupils will develop their team work skills. Working in pairs and small groups. They will learn to take turns and be given the opportunity to work collaboratively, communicate their ideas and solve problems Games Striking a ball Pupils will improve their skills in striking a ball using a wide variety of equipment individually, in pairs and small groups.
Year 2	Fundamentals Pupils will further develop their skills of running, jumping, hopping, skipping both with and without equipment. Pupils will work collaboratively with others and learn to take turns. Gymnastics Rock 'n' Roll Pupils will learn to roll sideways, forwards and backwards. Pupils will think about how they move in and out of a sequence. Pupils will work with a partner.. Simple sequences will be planned, practised, performed and evaluated both on the floor and on apparatus.	Dance Circus and Jack Frost Pupils explore space and how their bodies can move to express an idea, mood, character or feeling. They will build on their understanding of dynamics and expression. They will keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes and direction. Games Ball Skills Pupils will develop their fundamental ball skills, such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking. They will look to perform these skills with increasing control and accuracy using coordination and balance. Pupils will work independently, in pairs and in small groups.	Health,Fitness and Lifestyle Yoga / Fitness Pupils continue to learn and build on poses and techniques that will help them to connect their mind and body. They will improve well-being by building strength, flexibility, coordination and balance. Pupils will further develop their teamwork skills. They will lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play. Games Target Skills Pupils learn attacking and defending for target games, improving throwing and striking skills. They choose the best actions for target size and distance. They apply skills alone, in pairs, and in small groups, organising activities. Pupils follow the rules for safety, score points, and use simple tactics.	Gymnastics Shapes Pupils will practise and learn how to make and hold a variety of shapes using body tension to ensure good clear shapes. They will link balances and travels together to create sequences on the floor and a variety of apparatus. Games Net and Wall Skills Pupils develop their understanding of attacking and defending principles in net games such as using a ready position to defend their court and placement of a ball into space. They use and develop skills such as throwing, catching, tracking and hitting a ball. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their games, showing respect and kindness towards their teammates and opponents.	Athletic Type Activities. Running, Jumping, Hopping, skipping Pupils will practise and learn to improve their running, jumping, hopping and skipping skills with and without equipment. Children will put actions into competitive situations both individually, in pairs and in small groups. Sports Day preparation will take place. Outdoor and Adventurous Team Building Pupils will develop their team work skills. Working in pairs and small groups. They will learn to take turns and be given the opportunity to work collaboratively, communicate their ideas and solve problems.	Dance Europe Pupils will explore traditional music and dances from across Europe including Poland, Spain and Ireland. Pupils will learn simple movements and use these to develop their own sequences alone, with a partner and in a small group. Games Striking and Fielding Pupils develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games. They use and develop skills such as throwing, catching, tracking, and striking a ball. They learn how to score points in these types of games, how to play to the rules and use simple tactics. They show respect towards others when playing competitively and develop communication skills to manage small-sided games.

Year 3	Gymnastics Transition and Control Pupils will practise and improve a variety of gymnastics skills learning how to transition from one action into another. Pupils will learn to perform actions with more control. These actions and skills will be used to plan, practise and improve a short gymnastics sequence. Striking/fielding Games Rounders Pupils learn about striking and fielding games, the roles of players, and the use of skills and tactics to outsmart opponents. Pupils hit the ball and avoid fielders to score runs. Focus will be on simple rounders type games. There is an emphasis on fair play, respect, and understanding the rules	Invasion Games Netball Pupils will learn attacking and defending principles of invasion games, using skills and tactics to win. Netball is used to maintain possession and score. Fair play, self-management, and rule-following will be emphasised, as well as self-evaluation and evaluating other's performances. Dance Stoneage Pupils will plan, practise, perform, evaluate and improve a contemporary dance which tells a story based on hunting during the Stone Age. Pupils will work individually, with a partner and in small groups throughout the unit.	OAA Orienteering Pupils improve problem-solving skills through challenges where they work alone or in groups. They learn about teamwork, trust, and inclusivity and use maps and symbols to plot and follow routes. Health, Fitness and Lifestyle Yoga Pupils learn about mindfulness, yoga, breathing, and meditation to improve their well-being. They work collaboratively, create their own flows, and lead others. Pupils will participate in various health and fitness activities to improve fitness aspects such as speed, stamina, strength, coordination, balance, and agility.	Dance Cheerleading Pupils will copy basic cheerleading movements. This will be practised and performed in time with others. Pupils will plan a short cheerleading sequence and teach it to a short small group and lead a short performance Net/wall Games Tennis Pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Swimming Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety. Athletics Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores. Sportshall athletics will be used as a basis for all lessons.	Target Games Tri- Golf Pupils will learn the basics of golf and use both a chipper and a putter on a course devised alongside the children. Swimming Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety.
Year 4	Gymnastics Rotation and Inverted Movements Pupils will learn to perform rotation actions and inverted movements both on the floor and low apparatus. They will use these skills individually and with a partner. Pupils will use these to enhance their planning and performing of sequences. Pupils will work on area on they have identified as needing improvements in order to gain personal success. Swimming Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety.	Invasion Games Netball Pupils learn invasion game principles, including attacking and defending. They must use skills, strategies, and tactics to outwit opponents in all games. In netball, this means keeping the ball and moving towards the goal. Pupils learn fair play and self-management while following rules and evaluating performances. Swimming Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety.	Dance Spies and States of Matter Pupils will learn various dance styles, from individual to group performances, using movement to explore and communicate ideas, issues, and emotions. They will understand the history and culture behind different dances, create and perform their work, and use feedback to improve their performances. Safety and respect towards others are essential in this course Target Games Dodgeball Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Parkour An introduction to Parkour Pupils will be introduced to Parkour. Learning basic movements including jumps, balances, turns and vaults. They will learn the element of safety is the core rule in Parkour. Pupils will create and carry out a safe and simple parkour routine using a variety of apparatus. OAA Orienteering and Problem Solving Pupils work independently and collaboratively in pairs and groups to solve problems, develop leadership skills, and leadership.	Striking/fielding Games Rounders Pupils learn about striking and fielding games, the roles of players, and the use of skills and tactics to outsmart opponents. Pupils hit the ball and avoid fielders to score runs. Focus will be on rounders. There is an emphasis on fair play, respect, and understanding the rules. Athletics Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores. Sportshall athletics will be used as a basis for all lessons.	Net/wall Games Tennis Pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Health, Fitness and Lifestyle Yoga Pupils learn about mindfulness, yoga, breathing, and meditation to improve their well-being. They work collaboratively, create their own flows, and lead others. Pupils will participate in various health and fitness activities to improve fitness aspects such as speed, stamina, strength, coordination, balance, and agility.

Year 5	Gymnastics Flight, Twisting, Turning, Spinning Pupils develop various skills needed to show flight, twists, turns and spins Pupils will show a contract in their balances. Pupils get feedback and provide feedback to others to improve their performance skills .Striking/fielding Games Cricket Pupils learn striking and fielding principles and roles of bowler, wicketkeeper, fielder, and batter. They use skills, tactics and strategies to outsmart the opposition in games. In cricket, pupils strike a ball, avoid fielders, and score runs between wickets. They collaborate, play fair, and show respect.	Health, Fitness and Lifestyle Yoga Pupils learn about mindfulness, yoga, breathing, and meditation to improve their well-being. They work collaboratively, create their own flows, and lead others. Pupils will participate in various health and fitness activities to improve fitness aspects such as speed, stamina, strength, coordination, balance, and agility. Invasion Games Rugby Pupils learn attacking and defending principles in invasion games and use skills, strategies and tactics to outwit opponents. Rugby requires maintaining possession to score. The skill of passing backwards will be developed. Pupils learn fair play, self-management, rules and evaluate performances.	Invasion Games Hockey Pupils learn attacking and defending principles in invasion games. They use skills, strategies, and tactics to outwit opponents. In hockey, they maintain possession and move towards the goal. They learn fair play, honesty, and self-management and evaluate performances to improve skills. Dance Dance by Chance Pupils will learn basic movements in contemporary dance. They will be taught the history and culture behind this styles. They will be given the opportunity to work individually, in pairs and a small group to choreograph, practice, improve and perform their dance sequences.	Parkour An introduction to Parkour Pupils will be introduced to Parkour. Learning basic movements including jumps, balances, turns and vaults. They will learn the element of safety is the core rule in Parkour. Pupils will create and carry out a safe and simple parkour routine using a variety of apparatus. OAA Orienteering and Problem Solving Pupils work independently and collaboratively in pairs and groups to solve problems, develop leadership skills, and learn map reading skills, including using controls.	Dance Rock'n'Roll Pupils will learn basic movements in Rock 'n'Roll. They will be taught the history and culture behind both of this style.. They will be given the opportunity to work individually, in pairs and a small group to choreograph, practice, improve and perform their dance sequences. Health, Fitness and Lifestyle Fitness Pupils will participate in various health and fitness activities to improve fitness aspects such as speed, stamina, strength, Athletics Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores.	Net/wall Games Tennis Pupils learn net and wall game principles, using skills and tactics to outsmart opponents. They develop teamwork, leadership, fair play, and tactical awareness to outmanoeuvre opponents. Target Games Tri- Golf Pupils will learn the basics of golf and use a chipper, a putter and a driver on a course devised alongside the children.
Year 6	Gymnastics Counter tension/ Balance/ Vaulting Pupils use compositional principles to develop sequences, build trust when working collaboratively, and receive and provide feedback to improve their performance skills. They will demonstrate canon, synchronised and inverted movements. Target Games Dodgeball Pupils learn and improve skills such as throwing, dodging, and catching. They use tactics to outsmart opponents, hit them with a ball, and avoid getting hit. Pupils play independently, follow rules, and evaluate their performance to improve their game and team's performance.	Invasion games Rugby Pupils learn attacking and defending principles in invasion games and use skills, strategies and tactics to outwit opponents. Rugby requires maintaining possession to score. The skill of passing backwards will be developed. Pupils learn fair play, self-management, rules and evaluate performances. OAA Orienteering and Problem Solving Pupils gain transferable skills for outdoor adventures. They solve problems individually or in groups, share ideas, and learn leadership and map reading skills.	Striking/fielding Games Cricket Pupils learn about striking and fielding and the roles of bowlers, wicketkeepers, fielders, and batters. They use skills and tactics to win against the other team in cricket by striking a ball, running between wickets, and avoiding fielders. Pupils also learn to collaborate, play fair, and respect their teammates and opponents. Health, Fitness and Lifestyle Fitness Pupils will participate in various health and fitness activities to improve fitness aspects such as speed, stamina, strength,	Dance Stamp,Clamp and Bhangra Pupils will develop dance choreography in pairs and groups using different tools like formations, timing and dynamics. They will learn dances in both these styles. They will perform, provide feedback and explore how movement conveys ideas. They will also lead short warm-ups and keep others safe Health, Fitness and Lifestyle Yoga/ Pupils learn about mindfulness, yoga, breathing, and meditation to improve their well-being. They work collaboratively, create their own flows, and lead others.	Athletics Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores. Preparation for Sports Day will be made. Parkour An introduction to Parkour Pupils will be introduced to Parkour. Learning basic movements including jumps, balances, turns and vaults. They will learn the element of safety is the core rule in Parkour. Pupils will create and carry out a safe and simple parkour routine using a variety of apparatus.	Net/wall Games Volleyball Pupils learn the principles of volleyball, using skills and tactics to outsmart opponents. They develop teamwork, leadership, fair play, and tactical awareness to outmanoeuvre opponents Dance 1970's disco Pupils will learn basic movements in the dance styles of 1970's Disco, from individual to group performances, using movement to explore and communicate ideas, issues, and emotions. They will understand the history and culture behind different dances, create and perform their work, and use feedback to improve their performances.