



Long Term PE Plan 2025 – 2026

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE Unit 1	Fundamentals Unit 1	Gymnastics Unit 1	Ball Skills Unit 1	Dance Unit 1	Games Unit 1
Year 1	Fundamentals	Team Building	Fitness	Gymnastics	Dance	Yoga
	Ball Skills	Sending and Receiving	Net and Wall Games	Invasion Games	Striking and Fielding Games	Athletics
Year 2	Fundamentals	Team Building	Fitness	Gymnastics	Dance	Yoga
	Ball Skills	Sending and Receiving	Net and Wall Games	Invasion Games	Striking and Fielding Games	Athletics
Year 3	Fundamentals	Parkour	Gymnastics	Dance	Dodgeball	Fitness
	Ball Skills	OAA	Football	Netball	Athletics	Rounders
Year 4/5 (use the year 4 units)	Fundamentals	Parkour	Dance	Gymnastics	Dodgeball	Fitness
	Netball	Handball	OAA	Tennis	Athletics	Rugby
Year 4	Swimming	Swimming	Swimming	Swimming		
Year 6	Parkour	Dance	Gymnastics	Yoga	Volleyball	Badminton
	Fitness	OAA	Handball	Hockey	Athletics	Cricket

