



PE Long Term Plan 2025/2026- Cycle 1

Cycle 1	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Class	1	2	1	2	1	2	1	2	1	2	1	2
Sparrows- Year R	Gross Motor skills – awareness of space	Gym-travelling and balancing	Gross Motor Skills- Team games and chasing games	Dance-autumn leaves and fireworks	Gross Motor Skills- Co-ordination-, throwing and catching	Gym-jumping and rolling	Gross Motor Skills-travelling with and passing a ball	Dance-Marching and Line dancing	Gross Motor Skills – OAA	Dance-Under the sea and The Rainbow Fish	Gross Motor skills- bats and balls	Athletics
Doves Year 1/2	Games - multi skills-throwing and catching	Dance-Toys	Games - invasion games	Gym - Travelling and balances	Games – attacking and defending	Dance-Country dancing	Games-travelling with and passing a ball	Gym-shapes, jumps and rolls	OAA	Dance-Great Fire of London	Games-striking and fielding	Athletics
Robins Year 3/4	Invasion games- Tag Rugby	Dance-Electricity	Invasion games-Hockey	Gym – shape-rhythmic gymnastics	Invasion games-Stinger Netball	Gym-jumping and balancing	Invasion games-Football	Dance-The Rainforest	Games-Net/wall Badminton	OAA	Games-striking and fielding-Kwik Cricket	Athletics
Kingfishers Year 5/6	Invasion games-Basketball	Dance-Haka	Invasion games-stinger Netball	Swimming/ Gym-shapes and balances	Invasion games-Handball	Dance - The Greatest Showman	Invasion games-Football	Gym - rivers and mountains	Games-net/wall Tennis	OAA	Games-striking and fielding-Rounders	Athletics



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Cycle 2	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Class	1	2	1	2	1	2	1	2	1	2	1	2
Sparrows R/1	Games-awareness of space	Gym- travelling	Team games and chasing games	Dance-the seasons	Throwing and catching	Dance-line dancing	Travelling with and passing a ball	Gym-Shape	Circuit training	Dance-dinosaurs	Bats and balls	Athletics
Woodpeckers 2/3	Circuit training	Gym - Locomotion and rolling(movement)	Games - Introduction to invasion games	Dance-street dance	Games – invasion-Dodgeball	Dance-The explorers (Val Sabin)	Games- net and wall fundamentals	Gym-shape	Games-invasion - handball	Dance-plants	Games-striking and fielding fundamentals	Athletics
Robins 4	Invasion games-Tag Rugby	Gym –shape	Invasion games-Hockey-	Dance-The Romans	Invasion games-Netball	Dance-Extreme Earth	Invasion games-Football	Gym-movement	Games-striking and fielding-Badminton	OAA	Games-striking and fielding-Kwik cricket	Athletics
Kingfishers 5/6	Invasion games-Tag Rugby	Dance- Val S- Theseus and the minotaur	Invasion games-Basketball	Gym-shapes and balances	Invasion games-Netball	Dance - through the decades	Invasion games-Football	Gym - Space	Games-club and ball- Mini Golf	OAA	Games-striking and fielding-Rounders	Athletics