



## Physical Education - Long Term Plan – 2025 - 2026

	Autumn		Spring		Summer	
	1	2	1	2	1	2
<b>EYFS:</b> <b>Gross motor skills</b> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<b>KS1:</b> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching</li> <li>Developing balance, agility and co-ordination and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> <li>Perform dances using simple movement patterns over different levels.</li> </ul>		<b>KS2:</b> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>Develop flexibility, strength, technique, control and balance</li> <li>Perform a range of dances using a varied movement pattern</li> <li>Take part in outdoor and adventurous activity to challenge both individually and within a team</li> <li>Compare their performance with previous ones and demonstrate improvements to achieve personal best</li> </ul>			
<b>Early Year</b>	<b>Locomotion:</b> Walking  <b>Ball skills:</b> Playing Games	<b>Ball Skills:</b> Hand 1  <b>Dance:</b> Nursery Rhymes	<b>Ball Skills:</b> Running 1 and moving	<b>Gymnastics:</b> High, Low, Over, Under  <b>Ball Skills – Hands</b> 2	<b>Ball skills:</b> Feet  <b>Health &amp; Wellbeing</b>	<b>Attack/defence:</b> Understanding Games  <b>Ball skills:</b> Rackets' bats, balls & balloons
<b>Year 1 and 2</b>	<b>Locomotion:</b> Running 2	<b>Ball Skills:</b> Hands 1	<b>Ball Skills:</b> Rackets, bats & balls	<b>Locomotion:</b> Dodging 1	<b>Health &amp; Wellbeing</b>	<b>Attack/defence:</b> Understanding Games
	<b>Dance:</b> Zoo	<b>Gymnastics:</b> Body Parts	<b>Gymnastics:</b> Linking	<b>Dance:</b> Explores	<b>Ball skills:</b> Feet 1	<b>Ball Skills:</b> Jumping 1
<b>Year 3 and 4</b>	<b>Dance:</b> Witches and Wizards	<b>Gymnastics:</b> Bridges	<b>Invasion:</b> Handball	<b>Invasion:</b> Tag Rugby	<b>Striking:</b> Golf	<b>Athletics</b>
	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>OAA:</b> Communication and Tactics	<b>Striking &amp; Fielding:</b> Cricket
<b>Year 5 and 6</b>	<b>Dance:</b> Carnival	<b>Health Related Exercises</b>	<b>Invasion:</b> Tag Rugby	<b>Invasion:</b> Handball	<b>Dance:</b> Greeks	<b>Athletics</b>
	<b>Invasion:</b> Football	<b>Gymnastics:</b> matching/mirror	<b>Inclusive:</b> Boccia	<b>OAA:</b> Leadership	<b>Games:</b> Tennis	<b>Striking:</b> Golf