



Long term Plan – PE 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Experimenting with movement and balance (Active Start)	Experimenting with movement and balance (Active Start)	Using basic equipment	Gymnastics	Games (Active Start)	Dance (Active Start)
Year 1	Gymnastics Multiskills	Gymnastics Multiskills	Dance	Multiskills	Athletics	Multiskills - throwing and catching
Year 2	Ball skills Multiskills	Multiskills (Mighty Movers) Dance	Gymnastics Fitness (Skip to the beat)	Dance Ball skills	Fitness Throwing and catching	Active Athletics Fitness Frenzy
Year 3/ 4 a	Football Netball	Swimming Dance	Nimble Nets Gymnastics	Field Games Circuits	OAA Invasion Games	Athletics Striking & Fielding
Year 3/ 4 b	Gymnastics Games	Fitness Dance	Swimming Field Games	Swimming Ball Skills	Athletics Dance	Athletics Throwing and Catching
Year 5	Invaders Pilates	Boot camp Dynamic Dance	Striking/ Fielding Gymnastics	Nimble Nets Dance	Football Step to the beat	Young Olympians Fitness Frenzy
Year 6	Circuits Hockey	Gymnastics Rugby	Striking/Fielding Dance	Striking/Fielding Dance	Athletics Outdoor Net Games	Athletics/OAA Outdoor Net Games