

Physical Education Long Term Plan

2025-2026																													
Year 1						Year 2						Year 3 / 4						Year 5						Year 6					
A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2
Outdoor Learning & Fitness	Team Building & Gymnastics	Yoga & Sending and Receiving	Ball Skills & Striking and Fielding	Athletics & Dance	Outdoor Learning & Target Games	Outdoor Learning & Fitness	Gymnastics & Team Building	Yoga & Sending and Receiving	Invasion Games & Striking and Fielding	Dance & Athletics	Outdoor Learning & Target Games	Netball Gymnastics	Tennis, Dance	Fitness, Ballskills	Crick et, Dodgeball	Athletics, OAA	Rounders, Tag Rugby	Netball & Gymnastics	Dance & Tennis	Fitness & Volleyball	Crick et & Dodgeball	OAA & Athletics	Tag Rugby & Rounders	Netball & Gymnastics	Dance & Tennis	Fitness & Volleyball	Crick et & Dodgeball	OAA & Athletics	Swimming & Rounders

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Year 1						Year 2						Year 3 / 4						Year 4 / 5						Year 6					
A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2
Outd oor Learn ing & Fitnes s	Team Build ing & Ball skills	Yoga & Send ing and Recei ving	Gym nasti cs & Striki ng and Fieldi ng	Dance & Athlet ics	Outdo or Learn ing & Target Game s	Outd oor Learn ing & Fitnes s	Team build ing & Invasi on Game s	Yoga & Send ing and Recei ving	Gym nasti cs & Striki ng and Fieldi ng	Athlet ics & Outdo or Learn ing	Target Game s & Outdo or Learn ing	Netba ll Gymn astics	Tenni s, Dance	Fitne ss, Balls kills	Crick et, Dodg eball	Athlet ics, OAA	Roun ders, Tag Rugby	Netba ll & Gymn astics	Dance & Tenni s	Fitne ss & Volle yball	Crick et & Dodg eball	OAA & Athlet ics	Tag Rugby & Roun ders	Netba ll & Gymn astics	Dance & Tenni s	Fitne ss & Volle yball	Crick et & Dodg eball	OAA & Athlet ics	Swim ming & Roun ders