

P.E Long Term Plan

Year Group: 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to P.E	Fundamentals	Ball Skills	Gymnastics	Dance	Games
Year 1	Fundamentals Teacher Led	Gymnastics Teacher Led	Dance Teacher Led	Yoga Teacher Led	Athletics Teacher Led	Team Building Teacher Led
	Ball Skills Coach Led	Sending and Receiving Coach Led	Target Games Coach Led	Invasion Coach Led	Net and Wall Coach Led	Striking and Fielding Coach Led
Year 2	Fundamentals Teacher Led	Fitness Teacher Led	Dance Teacher Led	Yoga Teacher Led	Athletics Teacher Led	Team Building Teacher Led
	Ball Games Coach Led	Gymnastics Coach Led	Target Games Coach Led	Invasions Games Coach Led	Net and Wall Coach Led	Striking and Fielding Coach Led
Year 3	Fundamentals Teacher Led	Gymnastics Teacher Led	Dance Teacher Led	Fitness Teacher Led	Athletics Teacher Led	Cricket Teacher Led
	Ball skills Coach Led	Dodgeball Coach Led	Netball Coach Led	Tag rugby Coach Led	Tennis Coach Led	Handball Coach Led
Year 4	Fitness Teacher Led	Gymnastics Teacher Led	Dance Teacher Led	Yoga Teacher Led	Athletics Teacher Led	Rounders Teacher Led
	Football Coach Led	Basketball Coach Led	Golf Coach Led	Hockey Coach Led	Tennis Coach Led	OAA Coach Led
Year 5	Fitness Teacher Led	Gymnastics Teacher Led	Dance Teacher Led	Tag Rugby Teacher Led	Athletics Teacher Led	Cricket Teacher Led
	Football Coach Led	Dodge Ball Coach Led	Netball Coach Led	Badminton Coach Led	Tennis Coach Led	OAA Coach Led

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Year 6	Volleyball Teacher Led	Gymnastics Teacher Led	Dance Teacher Led	Yoga Teacher Led	Athletics Teacher Led	Rounders Teacher Led
	Football Coach Led	Basketball Coach Led	Golf Coach Led	Hockey Coach Led	Tennis Coach Led	Swimming Coach Led

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

participate in team games, developing simple tactics for attacking and defending

perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

use running, jumping, throwing and catching in isolation and in combination



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play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

perform dances using a range of movement patterns

take part in outdoor and adventurous activity challenges both individually and within a team

compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

swim competently, confidently and proficiently over a distance of at least 25 metres

use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

perform safe self-rescue in different water-based situations.