

PE Long Term Plan 2026/2027

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception					
Fundamental Movement	Fundamental Skills	Gymnastics	Dance	Fundamental Coordination	Ball Skills
Year 1: Enrichment – Playground Games					
Dance – RBO Building Blocks	Ball Skills – Feet	Ball Skills – Hands Throwing/Catching	Gymnastics – Exploring movement and spatial awareness	Athletics – Introduction to Throwing, Running and Jumping	Invasion Games – Attacking/Defending
Year 2 Enrichment – Scooter and Scooter Board Skills					
Invasion Games – Football: Understanding rules	Dance – RBO Alice in Wonder (KS1)	Net/Wall Games – Tennis: Forehand and rallying	Gymnastics – Fundamental gymnastics skills	Athletics – Running and relay skills	Striking/Fielding Games – Cricket: Striking and fielding fundamentals Swimming – Developing stroke technique and water safety awareness
Year 3 Enrichment – Tri-Golf					
Striking/Fielding Games – Rounders: Game understanding	Gymnastics – Apparatus and floor work	Dance – RBO Alice and Wonderland (KS2)	Invasion Games – Hockey: Stick and movement skills	Net/Wall Games – Badminton: Racket skills	Athletics – Speed and teamwork Swimming – Improving stroke efficiency and water safety
Year 4 Enrichment – New Age Kurling					
Striking/Fielding Games – Cricket: Bowling and batting technique	Gymnastics – Rhythmic gymnastics	Dance – RBO Magic Flute	Invasion Games – Tag Rugby: Attack formation and evasion	Net/Wall Games – Tennis: Shot selection	Athletics – Jumping and throwing technique Swimming – Building stamina and stroke variety
Year 5 Enrichment – Badminton					
Invasion Games – Basketball: Strategic play	OAA – Team Building	Gymnastic – Partner and group gymnastics	Athletics – Endurance and pacing	Dance – RBO The Nutcracker	Striking/Fielding – Rounders: Team tactics Swimming – Competitive swimming and water safety leadership
Year 6 Enrichment – Chess					
Athletics – Combined events and personal bests	Invasion Games – Netball: Teamwork and decision-making	OAA – Orienteering	Gymnastics – Partner and group gymnastics	Net/Wall Games – Tennis: Match play and strategy	Dance – End of Year Show Swimming – Advanced stroke technique and leadership in water safety