

## PE Long Term Plan 20252026

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>YN</b>	Session 1	Introduction to PE Unit 1	Fundamentals Unit 1	Ball skills Unit 1	Dance Unit 1	Games Unit 1	Gymnastics Unit 2 Sports Day
	Session 2						
<b>YR</b>	Session 1	Introduction to PE Unit 2	Fundamentals Unit 2	Games Unit 2	Ball skills Unit 2	Gymnastics Unit 2	Dance Unit 2 Sports Day
	Session 2						
<b>Y1</b>	Session 1	Fundamentals	Ball skills	Invasion games	Sending and receiving	Striking and fielding	Net and wall games
	Session 2	Gymnastics	Fitness	Dance	Yoga	Target games	Athletics – Sports Day
<b>Y2</b>	Session 1	Fundamentals	Ball skills	Invasion games	Sending and receiving	Striking and fielding	Athletics – Sports Day
	Session 2	Gymnastics	Fitness	Dance	Yoga	Target games	Net and wall games
<b>Y3</b>	Session 1	Fundamentals	Dodge ball	Hockey	Netball	Tennis	Athletics – Sports Day
	Session 2	Gymnastics <i>*Include a couple of cross country running sessions</i>	Ball skills	Dance	Yoga	OAA	Rounders
<b>Y4</b>	Session 1	Ball skills <i>*Include a couple of cross country running sessions</i>	Rugby	Football	Hockey	Cricket	Athletics – Sports Day
	Session 2	Swimming	Swimming	Gymnastics	Dance	Basketball	Rounders

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<b>Y5</b>	Session 1	Hockey	Rugby	Netball	Tennis	Rounders	Athletics Sports Day
	Session 2	Yoga <small>*Include a couple of cross country running sessions</small>	Gymnastics	Dodgeball	Dance	Badminton	Volleyball
<b>Y6</b>	Session 1	Hockey	Tennis	Volleyball	Netball	Rounders	Athletics Sports Day
	Session 2	Rugby <small>*Include a couple of cross country running sessions</small>	Gymnastics	Dance	Yoga	Badminton <b>Top Up Swimming</b>	OAA <b>Top Up Swimming</b> <b>OAA – Residential</b>

OAA?