







PE Long Term Plan for 2025/2026

YEAR GROUP	AUTUMN 1 	AUTUMN 2 	SPRING 1 	SPRING 2 	SUMMER 1 	SUMMER 2 
EYFS Maple Chestnut	Core Unit 1 footwork, one leg balance Lessons 1-3 repeated Lessons 4-6 repeated	Core Unit 2 jumping & landing, seated balance Dance Unit 1	Core Unit 3 Dynamic balance, stance Gym Unit 1	Core Unit 4 ball skills, counter balance Gym Unit 2	Core Unit 5 sending & receiving, reaction response Orienteering	Core Unit 6 ball chasing, floor work Lessons 1-3 repeated Lessons 4-6 repeated
1 Ash/Willow	Core Unit 1 footwork, one leg balance Orienteering	Core Unit 2 jumping & landing, seated balance Dance Unit 1	Core Unit 4 ball skills, counter balance Gym Unit 1	Core Unit 4 ball skills, counter balance Gym Unit 2	Core Unit 5 sending & receiving, reaction response Lessons 1-3 repeated Lessons 4-6 repeated	Core Unit 6 ball chasing, floor work Lessons 1-3 repeated Lessons 4-6 repeated
2 Oak	Core Unit 1 footwork, one leg balance Orienteering	Core Unit 2 jumping & landing, seated balance Dance Unit 1	Core Unit 3 Dynamic balance, stance Gym Unit 1	Core Unit 4 ball skills, counter balance Gym Unit 2	Core Unit 5 sending & receiving, reaction response Lessons 1-3 repeated Lessons 4-6 repeated	Core Unit 6 ball chasing, floor work CHANCE TO SHINE CRICKET
3 / 4 Cherry/Elm/ Walnut	Core Unit 1 YR3 footwork, one leg balance Orienteering	Core Unit 2 YR3 jumping & landing, seated balance Dance Unit 1	Core Unit 3 YR3 Dynamic balance, ball skills Gym Unit 1 YR 3 CHERRY SWIMMING	Core Unit 4 YR4 sending & receiving, counter balance CHERRY & WALNUT SWIMMING	Core Unit 5 YR4 reaction response, floor work WALNUT & ELM SWIMMING	Core Unit 6 YR4 ball chasing, stance ELM SWIMMING & YR6 TOP UP CHERRY/WALNUT CHANCE TO SHINE CRICKET
5 Magnolia	SWIMMING YR5 Core Unit 1A ball skills, reaction response	YR5 Core Unit 2A dynamic balance, counter balance Dance Unit 1	YR5 Core Unit 3A stance, footwork Invasion Gym Unit 1	YR5 Core Unit 4A seated balance, floor work YR5 Core Unit 1B reaction response, ball skills	YR5 Core Unit 5A jumping & landing, one leg balance Orienteering	YR5 Core Unit 6A sending & receiving, ball chasing CHANCE TO SHINE CRICKET

5 / 6 Acer	YR5 Core Unit 1A footwork, one leg balance Orienteering	YR5 Core Unit 2A dynamic balance, counter balance Dance Unit 1	SWIMMING Gym Unit 1	YR5 Core Unit 3A Stance, footwork Core Unit 4A Seated balance, floorwork	YR5 Core Unit 5A jumping & landing, one leg balance YR5 Core Unit 1B reaction response, ball skills	YR5 Core Unit 6A sending & receiving, ball chasing & YR6 TOP UP
6 Sycamore	Core Unit 1A footwork, one leg balance Orienteering	SWIMMING Dance Unit 1	Core Unit 2A dynamic balance, counter balance Gym Unit 1	Core Unit 3A Stance, footwork Core Unit 4A Seated balance, floorwork	Core Unit 5A jumping & landing, one leg balance Core Unit 6B ball chasing, sending & receiving	Core Unit 6A sending & receiving, ball chasing & YR6 TOP UP

YEAR 5 MAGNOLIA	Invasion Swimming	OAA Dance	OAA/Athletics Gymnastics	Invasion Net/Wall	Athletics Orienteering	Striking & Fielding Chance to shine cricket
YEAR 5 / 6 ACER	Invasion Orienteering	OAA Dance	Swimming Gymnastics	OAA/Athletics Invasion	Athletics Net/wall	Striking & Fielding Top Up swimming
YEAR 6 SYCAMORE	Invasion Orienteering	Swimming Dance	OAA Gymnastics	Invasion Net/wall	Athletics/Invasion Striking & Fielding	Target/OAA Top Up swimming