

## PE Long Term Plan for 2025/2026

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

<b>5 / 6 Acer</b>	YR5 Core Unit 1A footwork, one leg balance <b>Orienteering</b>	YR5 Core Unit 2A dynamic balance, counter balance Dance Unit 1	<b>SWIMMING</b> 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
<b>6 Sycamore</b>	Core Unit 1A footwork, one leg balance <b>Orienteering</b>	<b>SWIMMING</b> 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 <b>MAGNOLIA</b>	Invasion Swimming	OAA Dance	OAA/Athletics Gymnastics	Invasion Net/Wall	Athletics Orienteering	Striking & Fielding Chance to shine cricket
YEAR 5 / 6 <b>ACER</b>	Invasion Orienteering	OAA Dance	Swimming Gymnastics	OAA/Athletics Invasion	Athletics Net/wall	Striking & Fielding Top Up swimming
YEAR 6 <b>SYCAMORE</b>	Invasion Orienteering	Swimming Dance	OAA Gymnastics	Invasion Net/wall	Athletics/Invasion Striking & Fielding	Target/OAA Top Up swimming