



## PE Long Term Plan 2025-2026

|               | Autumn 1  | Autumn 2  | Spring 1   | Spring 2  | Summer 1  | Summer 2  |                                      |
|---------------|---|---|--|---|---|---|--------------------------------------|
| <b>EYFS</b>   | <b>Play, Move, Explore</b><br><br>'Physical Development – Early Learning Goal – Gross Motor Skills.'              | <b>Explore, Evade, Escape</b><br><br>'Physical Development – Early Learning Goal – Gross Motor Skills.' | <b>Crawl, Climb, Collect</b><br><br>'Physical Development – Early Learning Goal – Gross Motor Skills.' | <b>Search, Steal, Share</b><br><br>'Physical Development – Early Learning Goal – Gross Motor Skills.' | <b>Hands, Feet, Equipment</b><br><br>'Physical Development – Early Learning Goal – Gross Motor Skills.' | <b>Move, Match, Magic</b><br><br>'Physical Development – Early Learning Goal – Gross Motor Skills.' | <b>Taught by Beyond the Physical</b> |
|               |   |   |  |   |   |   | <b>Taught by class teachers</b>      |
| <b>Year 1</b> | <b>Fair, Share, Dare</b><br><br>'Embed values such as fairness and respect'                                       | <b>Look, Run, Avoid</b><br><br>'Team games, developing simple tactics or attacking and defending'       | <b>Duel, Win, Lose</b><br><br>'Team games, developing simple tactics or attacking and defending'       | <b>Hands, Feet, Equipment</b><br><br>'Develop fundamental movement skills – object control'           | <b>Throw, Prepare, Catch</b><br><br>'Master basic movements including throwing and catching'            | <b>Send, Receive, Return</b><br><br>'Develop fundamental movement skills – object control'          | <b>Taught by Beyond the Physical</b> |
|               | <b>Agility, Balance, Coordination</b><br><br>'Master basic movements including agility, balance and coordination' | <b>Inspire, Create, Perform</b><br><br>'Perform dances using simple movement patterns'                  | <b>Jump, Shape, Create</b><br><br>'Develop fundamental movement skills – locomotion and stability'     | <b>Inspire, Create, Perform</b><br><br>'Perform dances using simple movement patterns'                | <b>Run, Jump, Throw</b><br><br>'Master basic movements including running, jumping and throwing'         | <b>Jump, Shape, Create</b><br><br>'Develop fundamental movement skills – locomotion and stability'  | <b>Taught by class teachers</b>      |

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| <b>Year 2</b> | <p>Look, Run, Avoid</p> <p>‘Team games, developing simple tactics or attacking and defending’</p>             | <p>Fair, Share, Dare</p> <p>‘Embed values such as fairness and respect’</p>                                       | <p>Duel, Win, Lose</p> <p>‘Team games, developing simple tactics or attacking and defending’</p>   | <p>React, Roll, Retrieve</p> <p>‘Develop fundamental movement skills – locomotion and object control’</p>                  | <p>Target, Control, Combine</p> <p>‘Master basic movements including throwing and coordination’</p>                 | <p>Send, Receive, Return</p> <p>‘Develop fundamental movement skills – object control’</p>                               | <b>Taught by Beyond the Physical</b> |
|               | <p>Inspire, Create, Perform</p> <p>‘Perform dances using simple movement patterns’</p>                        | <p>Agility, Balance, Coordination</p> <p>‘Master basic movements including agility, balance and coordination’</p> | <p>Jump, Shape, Create</p> <p>‘Develop fundamental movement skills – locomotion and stability’</p> | <p>Inspire, Create, Perform</p> <p>‘Perform dances using simple movement patterns’</p>                                     | <p>Run, Jump, Throw</p> <p>‘Master basic movements including running, jumping and throwing’</p>                     | <p>Jump, Shape, Create</p> <p>‘Develop fundamental movement skills – locomotion and stability’</p>                       | <b>Taught by class teachers</b>      |
| <b>Year 3</b> | <p>Fair, Share, Dare</p> <p>‘Embed values such as fairness and respect’</p>                                   | <p>Look, Run, Avoid</p> <p>‘Competitive games; principles of attacking and defending’</p>                         | <p>Duel, Win, Lose</p> <p>‘Competitive games, principles of attacking and defending’</p>           | <p>Hands, Feet, Equipment</p> <p>‘Apply and develop a broader range of skills and use them in different ways’</p>          | <p>Throw, Prepare, Catch</p> <p>‘Use throwing and catching in isolation and in combination.’</p>                    | <p>Accuracy, Power, Distance</p> <p>‘Develop strength, technique, control and balance’</p>                               | <b>Taught by Beyond the Physical</b> |
|               | <p>Swimming</p> <p>‘Swim competently, confidently and proficiently over a distance of at least 25 metres’</p> | <p>Swimming</p> <p>‘Swim competently, confidently and proficiently over a distance of at least 25 metres’</p>     | <p>Inspire, Create, Perform</p> <p>‘Perform dances using simple movement patterns’</p>             | <p>Design, Build, Play</p> <p>“Embed values such as fairness and respect1</p>  | <p>Inspire, Create, Perform</p> <p>‘Perform dances using simple movement patterns’</p>                              | <p>Run, Jump, Throw / Sports Day practice</p> <p>‘Use running, jumping and throwing in isolation and in combination’</p> | <b>Taught by class teachers</b>      |
| <b>Year 4</b> | <p>Pass, Position, Patience</p> <p>‘Competitive games; principles of attacking and defending’</p>             | <p>Fair, Share, Dare</p> <p>‘Embed values such as fairness and respect’</p>                                       | <p>Duel, Win, Lose</p> <p>‘Competitive games, principles of attacking and defending’</p>           | <p>Agility, Balance, Coordination</p> <p>‘Use running, jumping, throwing and catching in isolation and in combination’</p> | <p>Target, Control, Combine</p> <p>‘Apply and develop a broader range of skills and use them in different ways’</p> | <p>Strike, React, Rally</p> <p>‘Apply and develop a broader range of skills and</p>                                      | <b>Taught by Beyond the Physical</b> |

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|               |  |   |  |  |  | use them in different ways'   |   |
|               | <p><b>Jump, Shape, Create</b></p> <p>'Develop flexibility, strength, technique, control and balance'</p> | <p><b>Inspire, Create, Perform</b></p> <p>'Perform dances using simple movement patterns'</p>         | <p><b>Swimming</b></p> <p>'Swim competently, confidently and proficiently over a distance of at least 25 metres'</p> | <p><b>Swimming</b></p> <p>'Swim competently, confidently and proficiently over a distance of at least 25 metres'</p> | <p><b>Jump, Shape, Create</b></p> <p>'Develop flexibility, strength, technique, control and balance'</p>             | <p><b>Run, Jump, Throw / Sports Day practice</b></p> <p>'Use running, jumping and throwing in isolation and in combination'</p> | <p><b>Taught by class teachers</b></p>      |
| <b>Year 5</b> | <p><b>Lend, Move, Score</b></p> <p>'Competitive games, principles of attacking and defending'</p>        | <p><b>Block, Guard, Support</b></p> <p>'Competitive games, principles of attacking and defending'</p> | <p><b>Explore, Solve, Challenge</b></p> <p>'Take part in outdoor and adventurous activity challenges'</p>            | <p><b>Fair, Share, Dare</b></p> <p>'Embed values such as fairness and respect'</p>                                   | <p><b>Serve, Set, Slam</b></p> <p>'Play competitive games, modified where appropriate'</p>                           | <p><b>Run, Jump, Throw</b></p> <p>'Use running, jumping and throwing in isolation and combination'</p>                          | <p><b>Taught by Beyond the Physical</b></p> |
|               | <p><b>Speed, Distance, Strength</b></p> <p>'Demonstrate improvement to achieve their personal best'</p>  | <p><b>Inspire, Create, Perform</b></p> <p>'Perform dances using simple movement patterns'</p>         | <p><b>Symmetry, Balance, Travel</b></p> <p>'Develop flexibility, strength, technique, control and balance'</p>       | <p><b>Inspire, Create, Perform</b></p> <p>'Perform dances using simple movement patterns'</p>                        | <p><b>Swimming</b></p> <p>'Swim competently, confidently and proficiently over a distance of at least 25 metres'</p> | <p><b>Swimming</b></p> <p>'Swim competently, confidently and proficiently over a distance of at least 25 metres'</p>            | <p><b>Taught by class teachers</b></p>      |

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| Year 6 | <p><b>Evade, Invade, Capture</b></p> <p>‘Competitive games; principles of attacking and defending’</p>  | <p><b>Watch, Move, Connect</b></p> <p>‘Use throwing and catching in isolation and in combination’</p> | <p><b>Explore, Solve, Challenge</b></p> <p>‘Take part in outdoor and adventurous activity challenges’</p>      | <p><b>Fair, Share, Dare</b></p> <p>‘Embed values such as fairness and respect’</p>            | <p><b>Aim, Strike, Retrieve</b></p> <p>‘Apply and develop a broader range of skills and use them in different ways’</p> | <p><b>Serve, Set, Slam</b></p> <p>‘Play competitive games, modified where appropriate’</p>                              | <p><b>Taught by Beyond the Physical</b></p> |
|        | <p><b>Speed, Distance, Strength</b></p> <p>‘Demonstrate improvement to achieve their personal best’</p> | <p><b>Inspire, Create, Perform</b></p> <p>‘Perform dances using simple movement patterns’</p>         | <p><b>Symmetry, Balance, Travel</b></p> <p>‘Develop flexibility, strength, technique, control and balance’</p> | <p><b>Inspire, Create, Perform</b></p> <p>‘Perform dances using simple movement patterns’</p> | <p><b>Run, Jump, Throw</b></p> <p>‘Use running, jumping and throwing in isolation and combination’</p>                  | <p><b>Aim, Strike, Retrieve</b></p> <p>‘Apply and develop a broader range of skills and use them in different ways’</p> | <p><b>Taught by class teachers</b></p>      |