

PE PLAN 2025-26	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R	Ball skills Acquire and develop skills to control a ball in different ways. Including pushing, bouncing, rolling, throwing, catching.	Dance Develop basic dance moves, body awareness, moving to a beat	Gym Develop basic Gymnastics skills performing short 2/3 action sequences.	Catching and throwing skills – develop throwing and catching skills with different sized balls.	Bat and ball skills - acquire and develop skills to control a ball in different ways.	Athletics practising and learning the events and structure of sports day events
Year R	Bikes/scooters - practise balance and coordination to steer and move using wheeled vehicles	Physical literacy/yoga Acquire and develop skills to control equipment and bodies in different ways.	Beam cycle A/B Balance, Education and movement. Focus on balance, coordination, control and body movements	Hockey Develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.	BEAM cycle C – Balance, Education and movement. Focus on balance, coordination, control and body movements	Sports Day Practice – practising and learning the events and structure of sports day events.
1/2	OAA Explore / Develop basic team building	Dance- Remember some elements of dances and form short sequences Linked to a class topic	Gym Develop basic Gymnastics skills performing short 3/4 action sequences with quality	Hockey Develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.	Tag rugby Develop skills to travel with, send & receive a ball. Acquire basic attacking & defending skills	Cricket Develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.
1/2	Ball skills Acquire and develop skills to control a ball in different ways. Including throwing, and catching with a basketball.	Physical literacy/yoga Link to Infant Agility focus on balance, jumping, running, target activities	Ball skills Acquire and develop skills to control a ball in different ways. Including kicking a football	Tennis Develop skills for tennis. sending and receiving with control.	Multi skills Acquire skills to control equipment and bodies in different ways. Including bouncing, hitting rolling, throwing.	Athletics Develop skills to perform to maximum capacity when running, jumping and throwing

3/4	OAA Explore / Develop basic team building / orienteering	Dance Develop and explore all dance actions and skills. Perform short sequences	Gym Develop further Gymnastics skills performing sequences with strength, quality and control	Hockey Develop skills playing striking & fielding games. Develop basic attacking and defending	Tag rugby Develop skills and knowledge of invasion sports, their differences and similarities	Cricket Develop skills playing striking & fielding games. Develop basic attacking and defending
3/4	Football Develop basic attacking & defending skills in competitive environment	Netball Master skills and knowledge of invasion sports, their differences and similarities	Basketball Use tactics and team strategy to outwit opponent. Use information to improve performance.	Tennis Develop skills for tennis. sending and receiving with control. Use tactics to out opponent.	Swimming Develop water confidence and swimming stroke technique for main strokes	Athletics Develop skills to perform to maximum capacity when running, jumping and throwing
5/6	OAA Master Personal & Team challenge / basic orienteering	Dance Master and explore all dance actions and skills. Perform short sequences in small and large group	Gym Perform gymnastics actions and skills with strength, quality and control. Perform mirrored and group balances.	Hockey Master skills playing striking & fielding games. Develop basic attacking and defending	Tag rugby Master skills and knowledge of invasion sports, their differences and similarities	Cricket Use knowledge of other striking & fielding sports to outwit opponent and improve performance
5/6	Football Use tactics and team strategy to outwit opponent. Use information to improve performance.	Netball Master skills and knowledge of invasion sports, their differences and similarities	Basketball Use tactics and team strategy to outwit opponent. Use information to improve performance.	Tennis Master skills for tennis using control. Use tactics to out opponent. Analyse and improve	Athletics Perform running for distances, speed & stamina, Jumping for distance/ height/ speed. Throwing for distance.	Swimming Master water confidence and swimming stroke technique for main strokes; To swim 25m unaided