



## PE Long Term Plan 2025-2026



|       | EYFS                                      | Year 1                                        | Year 2                                        | Year 3                                                  | Year 4                                                  | Year 5                                    | Year 6                                    |
|-------|-------------------------------------------|-----------------------------------------------|-----------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|-------------------------------------------|-------------------------------------------|
| Aut 1 | Movement and Space<br><i>Multi-Skills</i> | Fundamental Movement Skills Through Games     | Fundamental Movement Skills Through Games     | Fundamental Movement Skills Through Games<br>NUFC Coach | Fundamental Movement Skills Through Games<br>NUFC Coach | Fundamental Movement Skills Through Games | Fundamental Movement Skills Through Games |
|       |                                           |                                               |                                               | Outdoor Adventurous Activity                            | Outdoor Adventurous Activity                            | Outdoor Adventurous Activity              | Outdoor Adventurous Activity              |
| Aut 2 | Fine Motor Skills<br><i>Multi-Skills</i>  | Gymnastics                                    | Gymnastics                                    | Gymnastics                                              | Gymnastics                                              | Gymnastics                                | Gymnastics                                |
|       |                                           | Team Building/<br>Commando Joes<br>NUFC Coach | Team Building/<br>Commando Joes<br>NUFC Coach | Basketball                                              | Hockey                                                  | Basketball                                | Hockey                                    |
| Spr 1 | Introduction to PE                        | Ball Skills                                   | Ball Skills                                   | Fitness                                                 | Fitness                                                 | Fitness<br>NUFC Coach                     | Fitness<br>NUFC Coach                     |
|       | Fundamentals                              | Dance                                         | Dance                                         | Dance                                                   | Dance                                                   | Dance                                     | Dance                                     |
| Spr 2 | Gymnastics                                | Strength & Balance                            | Strength & Balance                            | Ball Skills                                             | Ball Skills                                             | Netball                                   | Netball                                   |
|       |                                           | Invasion                                      | Invasion                                      | Tag Rugby<br>NUFC Coach                                 | Hand Ball<br>NUFC Coach                                 | Tag Rugby                                 | Hand Ball                                 |
| Sum 1 | Ball Skills                               | Net and Wall<br>NUFC Coach                    | Net and Wall<br>NUFC Coach                    | Tennis                                                  | Tennis                                                  | Volley Ball                               | Volley Ball                               |
|       |                                           | Fitness through<br>fun                        | Fitness through<br>fun                        | Fitness through<br>fun                                  | Fitness through<br>fun                                  | Fitness through<br>fun                    | Fitness through<br>fun                    |
| Sum 2 | Games                                     | Athletics                                     | Athletics                                     | Athletics                                               | Athletics                                               | Athletics                                 | Athletics                                 |
|       |                                           | Striking and<br>fielding                      | Striking and<br>fielding                      | Rounders                                                | Cricket                                                 | Rounders<br>NUFC Coach                    | Cricket<br>NUFC Coach                     |

Year 4 have an intensive two-week block of Swimming weeks commencing

