

PE Long term plan 2025-2026

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	Coach	Key Skills	Invasion Games	Dance	Gymnastics	Athletics	Strike and field
Class 2	Coach	Key Skills	Invasion Games	Dance	Gymnastics	Athletics	Strike and field
Class 4	Coach	Key Skills	Invasion Games	Dance	Gymnastics	Athletics	Strike and field
Class 5	Coach	Key Skills	Invasion Games	Dance	Gymnastics	Athletics	Strike and field
Class 6	Coach	Key Skills	Invasion Games	Dance	Gymnastics	Athletics	Strike and field
Woodlands	Coach	Repetition of stations – gymnastics including equipment and basic shape/ balances Coordination/ balance/ sensory awareness Independence					

	Session 1 - 1:00-2:00	Session 2 - 2:00-3:00
Monday	Class 1	Class 4
Wednesday	Class 2	Class 6
Friday	Woodlands	Class 5

Lunch Clubs:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sports Leader Training	Invasion Games	Cricket	Archery	Athletics	Sports day games (KS1)

After School Clubs:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dodgeball	New Age Curling	Boccia	Archery	Lacrosse	Athletics