



Enfield Academy of New Waltham

Physical Education Long Term Plan 2025-2026



Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	Introduction to PE - Unit 1 (EYFs)	Fundamentals - Unit 1 (EYFs)	Dance - Unit 1 (EYFs)	Gymnastics - Unit 1 (EYFs)	Ball Skills - Unit 1 (EYFs)	Games - Unit 1 (EYFs)
FS2	Introduction to PE - Unit 2 (EYFs)	Fundamentals - Unit 2 (EYFs)	Dance - Unit 2 (EYFs)	Gymnastics - Unit 2 (EYFs)	Ball skills - Unit 2 (EYFs)	Games - Unit 2 (EYFs)
1	Ball Skills (Year 1)	Indoor Athletics	Gymnastics (Year 1)	Invasion games (Year 1)	Striking and Fielding (Year 1)	Net and wall (Year 1)
	Fundamentals (Year 1)	Fitness (Year 1)	Dance (Year 1)	Yoga (Year 1)	Athletics (Year 1)	Team Building (Year 1)
2	Ball Skills (Year 2)	Indoor Athletics	Gymnastics (Year 2)	Invasion games (Year 2)	Striking and Fielding (Year 2)	Net and wall (Year 2)
	Fundamentals (Year 2)	Fitness (Year 2)	Dance (Year 2)	Yoga (Year 2)	Athletics (Year 2)	Team Building (Year 2)
3	Basketball (Year 3)	Indoor Athletics	Gymnastics (Year 3)	OAA (Year 3/4)	Cricket (Year 3/4)	Tennis (Year 3/4)
	Fundamentals (Year 3/4)	Yoga (Year 3)	Fitness (Year 3)	Dance (Year 3)	Athletics (Year 3)	Rounders (Year 3/4)
4	Basketball (Year 4)	Indoor Athletics	Gymnastics (Year 4)	OAA (Year 4)	Cricket (Year 4)	Tennis (Year 4)
	TAG Rugby (Year 4)	Yoga (Year 4)	Fitness (Year 4)	Dance (Year 4)	Athletics (Year 4)	Rounders (Year 4)
	Year 4 - Swimming					
5	Basketball (Year 5)	Indoor Athletics (Year 5)	Gymnastics (Year 5)	OAA (Year 5)	Cricket (Year 5)	Tennis (Year 5)
	TAG Rugby (Year 4)	Fitness (Year 5)	Handball / netball (Year 5)	Dance (Year 5)	Athletics (Year 5)	Rounders (Year 5)
6	Basketball (Year 6)	Indoor Athletics	Gymnastics (Year 6)	OAA (Year 6)	Cricket (Year 5)	Tennis (Year 6)
	TAG Rugby (Year 6)	Fitness (Year 5/6)	Handball / netball (Year 6)	Dance (Year 6)	Athletics (Year 6)	Rounders (Year 6)

Coach led
Teacher Led