

PE LONG TERM PLAN/CURRICULUM MAP 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games Fundamentals 1 – coordination, throwing, taking turns and partner work	Dance Space	Gymnastics Space Jumping Jacks – Variety of jumps on and off equipment	Dance – Moving words	Athletics	Games Fundamentals 2 – Athletics – running, improving throwing and catching, changing direction whilst moving.
Year 2	Games – Fundamentals 1 – Refining skills of running, developing throwing, catching, striking and dribbling, small partner games. FOCUS ON BALANCE AND CONTROL	Gymnastics – Points of Contact HSSP CPD	Swimming	Swimming	Dance – Fire of London – <i>Link with History</i>	Games – Athletics running, improving throwing and catching, changing direction whilst moving.
Year 3	HSSP CPD Games – Ball Handling – Basketball – refining throwing, catching and dribbling – <i>Link with history of ball games/stars – Level 1 Competition</i>	Dance – Linking to topic	Gymnastics – patterns and pathways – technique, strength and flexibility. Link actions to create sequences.	Dance – Machines Level 1 Competition	Athletics – Hand Apparatus – Hoops, bean bags, soft balls and ribbons – link into a sequence.	Games – Striking and fielding – Rounders – Level 1 Competition

Year 4	Games – Net Games – Tennis	Dance – The Haka – Level 1 Competition	Gymnastics – Balance – off and on Gymnastics – Rotation – Rolling,	Athletics HSSP CPD	Swimming	Swimming
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PE LONG TERM PLAN/CURRICULUM MAP 2020-2021

		apparatus into a sequence	turning, spinning, twisting into a sequence.	games – Tag Rugby and Hockey – Different sized balls and tactics Level 1 Competition	.	
Year 5	Games – Invasion games – Football – Game play and tactics.	Dance – Dance Styles	Gymnastics – Press and go – Contact pair work – <i>Link with Science - Forces</i> Gymnastics – Pair Composition – Canon, mirroring and improving performance – Non contact	Dance – Dance Styles	HSSP CPD Athletics – Long jump, sprinting, hurdles, triple jump and relays. <i>Link with maths – measuring and recording –</i>	Games – Level 1 Competition and Personal Challenge

Year 6	Swimming – Personal Challenge	Swimming – Personal Challenge	HSSP CPD Gymnastics – Body Symmetry – Symmetrical and asymmetrical shapes on and off apparatus into movement phrase. Level 1 Competition	Dance – Why bully me? <i>Link with Antibullying week and PSHE</i> Dance – Why bully me? <i>Link with Antibullying week and PSHE</i>	<i>Athletics</i> competition	Games – Orienteering (Outdoor Adventurous Activity) – <i>Link with Geography</i> competition
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