



Dream big, shine bright

St NICHOLAS

C of E Primary School, Alcester



P.E. LONG TERM PLAN 2025-2026

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to P.E unit 1/2 (OAA by teachers) Bike Ability	Dance unit 1 Fundamentals Unit 2	Gymnastics unit 1 Swimming	Ball Skills unit 2 Swimming	OAA Swimming	Games unit 2 Sports day Swimming
Year 1	Dance Key Concept – Footwork / Static balance / Dynamic balance / Agility Swimming	Ball Skills Invasion Games	Gymnastics Key Concept – Footwork / Static balance / Dynamic balance / Agility Swimming	Fundamentals Net and Wall	Fitness Swimming	Team building Athletics/ Sports Day Key Concept – Footwork / Dynamic balance / Agility / Coordination
Year 2	Dance Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Sending and Receiving	Yoga Key concept – stretching, balancing, and following simple sequences Swimming	Gymnastics Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Striking and fielding	OAA Swimming	Fitness Athletics/ Sports Day Key Concept – Footwork / Dynamic balance / Agility / Coordination	Target Games Swimming
Year 3	Dance Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Swimming	Fitness Football	Gymnastics Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Swimming	Tennis Hockey	Golf Swimming	OAA Key Concepts – Athletics/ Sports Day Key Concept – Footwork / Dynamic balance / Agility / Coordination / competition



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	Autumn		Spring		Summer	
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Year 4	Dance Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Tag rugby	Yoga Swimming Key Concept – Agility / Coordination / life skill / safety	Gymnastics Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Netball Key Concept – Footwork / Dynamic balance / Agility / Coordination / games rules	OAA Key Concept – follow a route / life skill Swimming	Cricket Athletics/ Sports Day Key Concept – Footwork / Dynamic balance / Agility / Coordination	Fitness Swimming
Year 5	Dance Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Swimming	OAA Key concept – compass navigation/ life skill Team building (athletics)	Gymnastics Key Concept – Footwork / Static balance / Dynamic balance / Agility / Coordination Swimming	Tennis Key Concept – Footwork / Dynamic balance / Agility / Coordination / games rules Quidditch	Dodgeball/handball Swimming	Rounders Athletics/ Sports Day Key Concept – Footwork / Dynamic balance / Agility / Coordination
Year 6	Dance Team building (athletics)	Team Gymnastics Swimming	Fitness Netball/Basketball Key Concept – Footwork / Dynamic balance / Agility / Coordination	OAA Key Concept – Life skills Swimming	Yoga Athletics Sports Day Key Concept – Footwork / Dynamic balance / Agility / Coordination	Rounders Key Concept – Footwork / Agility / Coordination / match rules Swimming

PPA – TH

P.E./swimming – DG

Teacher unit