



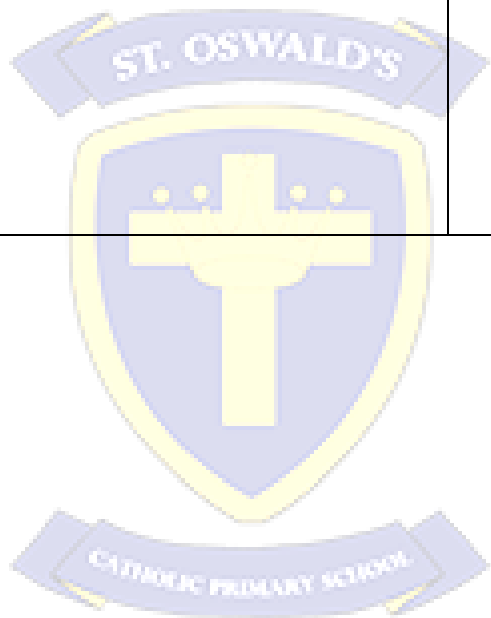
St Oswald's Catholic Primary School



PE Long Term Plan 2026-2027

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Gymnastics Unit 1		Introduction to PE unit 1		Dance Unit 1		Introduction to PE unit 2		Gymnastics Unit 2		Fundamental skills unit 1	
Year 1	Gymnastics Fundamental Skills	Dance Team Building	Gymnastics Net and Wall Games	Dance Invasion Games	Gymnastics	Net and Wall Games	Dance	Invasion Games	Athletics	Ball Skills	Striking and Fielding Games	Target Games
Year 2	Gymnastics Fundamental Skills	Dance Team Building	Gymnastics Net and Wall Games	Dance Invasion Games	Gymnastics	Net and Wall Games	Dance	Invasion Games	Athletics	Ball Skills	Striking and Fielding Games	Target Games
Year 3	Football	Gymnastics	Rounders	Dance	OAA	Handball	Swimming	Fundamentals	Swimming	Dodgeball	Swimming	Ball Skills
Year 4	Swimming	Gymnastics	Swimming	Handball	Swimming	Tennis	Football	Dance	Dance	Dodgeball	Gymnastics	Rounders
Year 5	Gymnastics	Fundamentals	Dance	Team Building	Gymnastics	Net and Wall Games	Dance	Invasion Games	Athletics	Ball Skills	Striking and Fielding Games	Target Games
Year 6	Gymnastics	Fundamentals	Dance	Team Building	Gymnastics	Net and Wall Games	Dance	Invasion Games	Athletics	Ball Skills	Striking and Fielding Games	Target Games
EYFS Development Matters				National Curriculum								
Understanding the World				End of Key Stage 1			End of Lower Key Stage 2			End of Upper Key Stage 2		
- Revise and refine fundamental movement skills including rolling, crawling, walking, jumping, running, hopping, skipping and climbing. - Progress towards a more fluent style of movement, developing control and grace. - Develop overall body strength, balance, coordination and agility. - Use core muscle strength to achieve good posture. - Combine different movements with ease and fluency. - Develop confidence, competence, precision and accuracy when engaging in activities				Fundamental Movement Skills - Master basic movements including running, jumping, throwing and catching. - Apply these skills with increasing balance, agility and coordination. - Begin to use these skills in a range of activities. Games - Participate in team games. - Develop simple attacking and defending skills. - Apply basic rules and strategies.			Games - Apply a broader range of skills in competitive situations. - Use attacking and defending tactics. - Work effectively as part of a team. Gymnastics - Develop flexibility, strength, technique, control and balance. - Create longer sequences of movement. - Evaluate and improve performances.			Games - Use skills, tactics and strategies effectively in competitive games. - Adapt techniques according to different situations. - Evaluate success and make improvements. Gymnastics - Demonstrate strength, flexibility, balance and control. - Refine and perform increasingly complex sequences.		

	Gymnastics • Pupils should be able to: • Perform simple movement patterns. • Develop balance, coordination and control. • Link actions and sequences of movement. Dance • Pupils should be able to: • Perform dances using simple movement patterns. • Express ideas and feelings through movement.	Dance • Perform dances using a range of movement patterns. • Show rhythm, expression and coordination. Outdoor and Adventurous Activity • Work collaboratively to solve challenges. • Develop communication and teamwork skills. Swimming • Pupils begin to develop water confidence and stroke technique. • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of strokes effectively. • Perform safe self-rescue in different water-based situations.	Dance • Perform a range of dances confidently and fluently. • Demonstrate expression, precision and control. Outdoor and Adventurous Activities • Take part in increasingly challenging activities. • Plan, communicate and work effectively in teams.
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ST. OSWALD'S
CATHOLIC PRIMARY SCHOOL