

Primary PE Long-Term Plan – Terms Overview 2025-2026

Year	Term	Indoor PE	Outdoor PE
Reception	Autumn 1	Fundamentals	Fundamentals
Reception	Autumn 2	Dance	Dance
Reception	Spring 1	Ball Skills	Ball Skills
Reception	Spring 2	Games	Games
Reception	Summer 1	Fundamentals	Fundamentals
Reception	Summer 2	Dance	Dance
Year 1	Autumn 1	Fundamentals	Ball Skills
Year 1	Autumn 2	Dance	Sending & Receiving
Year 1	Spring 1	Gymnastics	Team Building
Year 1	Spring 2	Yoga	Invasion Games
Year 1	Summer 1	Dance	Net & Wall (Intro)
Year 1	Summer 2	Fitness	Athletics
Year 2	Autumn 1	Fundamentals	Ball Skills
Year 2	Autumn 2	Dance	Sending & Receiving
Year 2	Spring 1	Gymnastics	Team Building
Year 2	Spring 2	Yoga	Invasion Games
Year 2	Summer 1	Fitness	Net & Wall (Tennis)
Year 2	Summer 2	Dance	Athletics
Year 3	Autumn 1	Fitness	Invasion Games
Year 3	Autumn 2	Dance	Ball Skills
Year 3	Spring 1	Gymnastics	Net & Wall (Tennis)
Year 3	Spring 2	Yoga	Team Building
Year 3	Summer 1	Dance	Striking & Fielding
Year 3	Summer 2	Fitness	Athletics
Year 4	Autumn 1	Fitness	Invasion Games
Year 4	Autumn 2	Gymnastics	Net & Wall (Tennis)
Year 4	Spring 1	Dance	Team Building
Year 4	Spring 2	Yoga	Striking & Fielding
Year 4	Summer 1	Fitness	Athletics
Year 4	Summer 2	Dance	Alternative Sports (Tri-Golf)
Year 5	Autumn 1	Swimming	Tag Rugby
Year 5	Autumn 2	Swimming	Netball
Year 5	Spring 1	Fitness	Basketball
Year 5	Spring 2	Yoga	Hockey
Year 5	Summer 1	Dance	Striking & Fielding
Year 5	Summer 2	Fitness	Athletics
Year 6	Autumn 1	Gymnastics	Tag Rugby
Year 6	Autumn 2	Dance	Netball
Year 6	Spring 1	Fitness	Volleyball
Year 6	Spring 2	Yoga	Football
Year 6	Summer 1	Dance	Athletics
Year 6	Summer 2	Leadership & Fitness	Rounders