PE Long Term Plan - 2026 - 2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	• Revise the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing • Explore using a range of tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. • Engage in ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes - personal hygiene		• Progress towards a more fluent style of moving, with developing control and grace • Develop their fine motor skills so that they can use a range of tools: suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop overall body-strength, balance, co-ordination and agility. • Combine different movements with ease and fluency • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.		• Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • Use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	

St James' CHURCH OF ENGLAND ACADEMY

KS1 / KS2 - Activity	Throwing and Catching / Ball-skills	Gymnastics	Dance and movement	Rugby Skills / Team Games (KS1)	Athletics / Tennis Skills / Balancing Skills (KS1)	Athletics / Netball Skills
KS1 N.C. Focus	Master basic movements including throwing and catching, as well as developing co-ordination, and begin to apply these in a range of activities.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities.	Perform dances using simple movement patterns.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.
KS2 N.C. Focus	Use throwing and catching in isolation and in combination.	Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

KS2 - Year 4 Specifically					Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.
Whole School					Athletics - Sports day