

Albourne CofE Primary School – Long term PE planning – 2024-2025

Year group	Indoor/games	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Skills mentioned are when introduced. Children will revisit and develop them throughout the year, through choice activities.	<ul style="list-style-type: none"> · Revise and refine the fundamental movement skills they have already acquired (rolling, running, crawling, hopping, walking, skipping, jumping, climbing) Multi skills And Nativity practice	<ul style="list-style-type: none"> · Progress towards a more fluent style of moving, with developing control and grace. - Develop overall body-strength, balance, coordination. - Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Gymnastics And Nativity practice	<ul style="list-style-type: none"> · Combine different movements with ease and fluency. - Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Dance	Sports day preparation	Forest school (WED)	Sports day preparation
					<ul style="list-style-type: none"> · Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically such as running, jumping, dancing, hopping, skipping and climbing. Athletics	<ul style="list-style-type: none"> · Develop overall body strength, balance, coordination and agility. - Know and talk about the different factors that support overall health and wellbeing: regular physical activity. Forest school Multi skills	<ul style="list-style-type: none"> · Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically such as running, jumping, dancing, hopping, skipping and climbing. Multi-skills
1	PE 1	Gymnastics (Unit 1)	Dance (Unit 1) (Nativity)	Gymnastics (Unit 2)	Dance (Unit 1/2)	Send & Return (Unit 1)	Hit, Catch, Run (unit 2)
	PE 2	Run, Jump, Throw (Unit 1)	Attack, Defend, Shoot (Unit 1)	Hit, Catch, Run (Unit 1)	Forest school?	Run, Jump, Throw (Unit 2) Sports day practice	Attack, Defend, Shoot (Unit 2)
2	PE 1	Gymnastics (Unit 1)	Dance (Unit 1) Nativity	Gymnastics (Unit 2)	Dance (Unit 1/2)	Attack, Defend, Shoot (Unit 2)	Send and Return (Unit 2)

	PE 2	Run, Jump, Throw (Unit 1)	Attack, Defend, Shoot (Unit 1)	Forest School?	Hit, Catch, Run (Unit 1)	Send and Return (Unit 1)	Run, Jump, Throw (Unit 2) Sports day practice	Hit, Catch, Run (Unit 2)
3	PE 1	Tennis	Netball		Swimming	Swimming	Swimming	Swimming
	PE 2	Dance (Unit 1)	Forest school?	Gymnastics (Unit 1)	Dance - Egypt	Basketball	Athletics	Rounders
4/5	PE 1	Y4 Dance (Unit 2)	Y4 Gymnastics (Unit 1)	Y5 Hockey	Y4 Gymnastics Unit 2	Athletics	Tennis	
	PE 2	Tag rugby	Y5 Netball	World War 2 Dance	Y5 Basketball	Cricket	Rounders	
5/6	PE 1	Y6 Swimming (Wed am)	Y6 Swimming (Wed AM)	World War 2 Dance	Gymnastics (Unit 2)	Athletics	Rounders	
		Y5 Dance	Y5 Netball					
	PE 2	Tag rugby	Gymnastics (Unit 1)	Hockey	Basketball	Cricket	Tennis	