



PICKNALLS FIRST SCHOOL LONG TERM PE PLAN 2025 - 26

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
AUTUMN TERM UNITS	EYFS - Autumn 1	Year 1 - Autumn 1	Year 2 - Autumn 1	Year 3 - Autumn 1	Year 4 - Autumn 1
	Balanceability, Introduce JumpStart Johnny & Fun and Games (Pe planning)	EYFS back to basics HANDBALL PE PLANNING Orienteering PE PLANNING	ALL NEW PE PLANNING Football—PE PLANNING Athletics—master basic movements of running jumping, throwing and catching.	Swimming 3 swim teachers 2 x half hour Athletics PE PLANNING	Orienteering (school site) Hockey (everyone active coaches)
	EYFS - Autumn 2	Year 1 - Autumn 2	Year 2 Autumn 2	Year 3 Autumn 2	Year 4 - Autumn 2
	Balanceability & Catching and Throwing (PE Planning)	Fitness PE PLANNING Football PE PLANNING	Gymnastics—developing fundamental movement, travelling, balancing rolling and jumping. Dance—to move to music showing expressive qualities of dance. Thriller.	Swimming 3 swim teachers 2 x half hour Gymnastics PE PLANNING	Hockey/Gymnastics Floor work Fitness
SPRING TERM UNITS	EYFS - Spring 1	Year 1 - Spring 1	Year 2 - Spring 1	Year 3 - Spring 1	Year 4 - Spring 1
	Socatots with Jhosh Cox (PE Planning)	Gymnastics PE PLANNING Dodgeball PE PLANNING	Fitness—improving speed, agility, balance and co-ordination Gymnastics—transferring fundamental movement, travelling, balancing rolling and jumping onto apparatus.)	Swimming 3 swim teachers, 2 x half hour Gymnastics PE PLANNING	Gymnastics Transfer skills onto apparatus Dance (Street Dance) PE PLANNING
	EYFS - Spring 2	Year 1 - Spring 2	Year 2 - Spring 2	Year 3 - Spring 2	Year 4 - Spring 2
	Dance (PE Planning)	Dance Creating full dance over half term to go with the theme of Africa as our topic Gymnastics PE PLANNING—UNIT 1	Dodgeball—develop balance, agility and co- ordination. PE PLANNING Handball—to master basic movements of running, jumping, throwing and catching. PE PLANNING	Dance (Street Dance) PE PLANNING Dodgeball PE PLANNING	Touch Rugby—Tim Gee PE PLANNING Swimming 3 swim teachers 2x half hour
SUMMER TERM UNITS	EYFS - Summer 1	Year 1 - Summer 1	Year 2 - Summer 1	Year 3 - Summer 1	Year 4 - Summer 1
	Athletics & Ball Skills (PE Planning)	Netball PE PLANNING Athletics PE PLANNING	Rounders—developing simple tactics for attacking and defending. PE PLANNING Football—PE PLANNING	Athletics/Fitness PE PLANNING Tennis PE PLANNING	Swimming 3 swim teachers 2x half hour Athletics PE PLANNING
	EYFS - Summer 2	Year 1 - Summer 2	Year 2 - Summer 2	Year 3 - Summer 2	Year 4 - Summer 2
	Athletics & Movement Development (PE Planning)	Team Games Rounders and tag rugby Athletics Sports day game practices and throwing (over arm)	Swimming 3 swim teachers, 2 x half hour Athletics/orienteering	Cricket/rounders PE PLANNING Orienteering PE PLANNING	Striking & fielding PE PLANNING Net games—tennis PE PLANNING
SUBSTANTIVE CONCEPTS	Movement and Balance	Co-ordination	Sportsmanship	Dance—to move to music showing expressive qualities of dance. Thriller.	