

Green Oaks Primary Academy

P.E. Long Term Plan 2025-2026 onwards

National Curriculum Physical Education			
Pupils should be taught to:	KS1	KS2	All schools must provide swimming instruction either in key stage
- Develop competence to excel in a broad range of physical activities - Are physically active for sustained periods of time - Engage in competitive sports and activities - Lead healthy, active lives	- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - Participate in team games, developing simple tactics for attacking and defending - Perform dances using simple movement patterns.	- Use running, jumping, throwing and catching in isolation and in combination - Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending - Develop flexibility, strength, technique, control and balance - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	In particular, pupils should be taught to: - 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.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	use 'Primary PE Planning' theme-based units as per PPP LTP					
Year 1 (indoor)	Music/Movement	Develop flexibility/strength (Yoga)	Gymnastics	(FMS) Improve catching and throwing skills	Dance	Competitive Games Boccia
Year 1 (outdoor)	(OAA) Forest School challenges	Competitive Games 'Playground Games'	(FMS) Master basic movements- Health Related fitness.	(FMS) Multi Skills	Competitive Games Football	Master basic movements -Striking and fielding
Year 2 (indoor)	Music/Movement	(FMS) Master basic movements – Agility - Health related exercise	Gymnastics	Leadership/Mini Muay Thai	Master basic movements – balance (Yoga)	Dance
Year 2 (outdoor)	Team Games Invictus/Ball Games	Team Games Rugby	Team Games Football	(FMS) Multi-skills	(FMS) Improve catching and throwing skills	Master basic movements -Striking and fielding
Year 3 (indoor)	(FMS) Multi Skills	Dance	Team Games Dodgeball	Gymnastics	Achieving personal best -Health Related Exercise	Competitive Games Boccia/Kurling
Year 3 (outdoor)	Developing control Hockey	Team Games Tag Rugby	(OAA) Orienteering	Team Games Basketball	Running/Throwing/Jumping (Athletics)	Striking/Fielding/Catching (Cricket)
Year 4 (indoor)	(FMS) Multi skills	Develop flexibility/strength (Yoga)	Dance	Gymnastics	Swimming	Achieving personal best – Health related exercise
Year 4 (outdoor)	Developing control Hockey	Team Games Tag Rugby	Team Games Hi 5 Netball	Team Games Basketball	Running/Throwing/Jumping (Athletics)	Striking/Fielding/ Catching (Cricket)
Year 5 (indoor)	Dance	Competitive Games Dodge Ball	Swimming	Swimming	Develop flexibility/strength (Yoga)	Gymnastics
Year 5 (outdoor)	(OAA) Orienteering	Team Games Tag Rugby	Team Games Hi 5 Netball	Team Games Hi 5 Netball	Running/Throwing/Jumping (Athletics)	Striking/Fielding/Catching (Cricket)
Year 6 (indoor)	Swimming	Swimming	Develop flexibility/strength (Yoga)	Gymnastics	Competitive Games Handball	Dance
Year 6 (outdoor)	Team Games Hockey	Team Games Tag Rugby	Team Games Hi 5 Netball	Achieving Personal Best Health Related Fitness	Running/Throwing/Jumping (Athletics)	Striking/Fielding /Catching (Cricket)