

Our curriculum covers						
Dance	Fundamental Movement Skills	Outdoor Adventurous Activities	Body Management	Games	Swimming	
				Invasion Games		
				Strike and Field		
High Hazels PE Long Term Plan 2026 – 27						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS 1	<u>Fantasy and Adventure</u> <u>Introduction to PE: Unit 1</u> The unit will focus on: • The principles of PE • Finding a space, • Freezing on command • Using and sharing equipment • Working in groups.	<u>Minibeasts</u> <u>Games</u> <u>Ball Skills: Unit 1</u> This unit will focus on: • Rolling and receiving a ball • Throwing to a target • Bouncing and catching • Dribbling with feet and kicking a ball	<u>Everyday Life</u> <u>Dance: Unit 1</u> This unit will focus on: • Explore space and how to use it safely • Travelling movements • Shapes and balance • Introduced to counting to help keep in time to the music	<u>All about me</u> <u>Fundamentals: Unit 1</u> This unit will focus on: • Balancing • Running • Changing direction • Jumping • Hopping • Travelling • Stay safe in a space • Follow rules and instructions	Transport Games: Unit 1 This unit will focus on: • Practise and develop FMS through games • Learn how to score and play by rules • How to behave when winning or losing • How to work with a partner and begin to understand what a team is	<u>Animals and their Habitats</u> <u>Body Management Gymnastics: Unit 1</u> This unit will focus on: • Creating shapes, balances and jumps • Begin to develop by rocking and rolling • Show an awareness of space and how to use it • Perform basic skills on both floor and apparatus.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS 2	<u>Everyday Life</u> <u>Introduction to PE: Unit 2</u> The unit will focus on: • The principles of PE • Safely using space • Stopping safely • Using and sharing equipment • working individually, with a partner or as part of a group. • Children will also play simple games and begin to understand and use rules	<u>Weather</u> <u>Games</u> <u>Ball Skills: Unit 2</u> The unit will focus on: • Throwing and catching • Rolling a ball • Using targets • Dribbling with feet and kicking a ball • Bouncing and catching a ball	<u>Places</u> <u>Dance: Unit 2</u> This unit will focus on: • Explore space and how to use it safely • Travelling actions • Shapes and balance • Introduced to counting to help keep in time to the music • Perform to others	<u>Places and Spaces</u> <u>Fundamentals: Unit 2</u> This unit will focus on: • Balancing • Running • Changing direction • Jumping • Hopping • Travelling • Stay safe in a space • Follow rules and instructions	<u>Around the world</u> <u>Games: Unit 1</u> This unit will focus on: • Practise and develop FMS through games • Work as a team • Take turns • Keep the score • Play against an opponent • Play by the rules	<u>Traditional Tales</u> <u>Body Management</u> <u>Gymnastics: Unit 1</u> This unit will focus on: • Create shapes, balances, jumps and rolls • Show an awareness of space and how to use it • Perform basic skills on both floor and apparatus. • Copy, create, remember and repeat short sequences

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<u>Fundamentals</u> This unit will focus on: • Master basic movements such as running, jumping and throwing • Develop balance, agility, and co-ordination • Apply these skills to a range of activities	<u>Body Management</u> <u>Yoga</u> This unit will focus on: • Learn about mindfulness and body awareness • Learn poses and techniques • Improve by building strength, flexibility, co-ordination and balance • Master basic movements as well as developing balance, agility, and co-ordination	<u>Dance</u> This unit will focus on: • Travelling actions, movement skills and balancing • Perform dances using simple movements and patterns	<u>Games</u> <u>Ball Skills</u> This unit will focus on: • Master basic movements including throwing and catching • Participate in team games • Develop simple tactics for attacking and defending	<u>OAA</u> <u>Team Building</u> This unit will focus on: • Developing teamwork skills • Develop communication and problem-solving skills • Participate in team games • Develop simple tactics	<u>Fundamentals</u> <u>Athletics</u> This unit will focus on: • Master basic movements such as running, jumping and throwing • Develop balance, agility, and co-ordination and begin to apply these in a range of activities

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y2	<u>OAA</u> <u>Team Building</u> This unit will focus on: • Developing teamwork skills • Develop communication and problem-solving skills • Learn to discuss, plan and reflect on ideas and strategies • Participate in team games • Develop simple tactics	<u>Body Management</u> <u>Gymnastics</u> This unit will focus on: • Develop basic gymnastic actions on the floor and using apparatus • Develop jumping, rolling, balancing and travelling individually and in combination • Master basic movements as well as developing balance, agility, and co-ordination	<u>Games</u> <u>Ball Skills</u> This unit will focus on: • Master basic movements including throwing and catching • Participate in team games • Develop simple tactics for attacking and defending	<u>Dance</u> This unit will focus on: • Expand knowledge of travelling actions • Build an understanding of dynamics and expression • Use counts of 8 to keep in time • Perform dances using simple movements and patterns	<u>Invasion Games</u> This unit will focus on: • Children learn that invasion games are where there are two teams and two goals. Teams try to score in the oppositions goal. • Master basic movements including throwing and catching • Participate in team games • Develop simple tactics for attacking and defending	<u>Fundamentals</u> <u>Fitness</u> This unit will focus on: • Master basic movements such as running, jumping and throwing • Develop balance, agility, and co-ordination and begin to apply these in a range of activities

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3	<u>Fundamentals</u> This unit will focus on: • Children will use running, jumping and throwing in isolation and in combination • Develop flexibility, strength, technique, control and balance	<u>Body Management</u> <u>Gymnastics</u> This unit will focus on: • Pupils develop balancing, rolling and jumping individually and in combination • Children develop linking sequences smoothly with actions that flow • Develop flexibility, strength, technique, control and balance	<u>Invasion Games</u> <u>Basketball</u> This unit will focus on: • Basketball is an invasion game • Children will use running, jumping, throwing and catching in isolation and in combination • Play competitive games • Apply basic principles suitable for attacking and defending	<u>Swimming</u> • All schools must provide swimming instruction either in key stage 1 or key stage 2. • Use a range of strokes effectively • Swim confidently over 25M • perform safe self-rescue in different water-based situations.	<u>Swimming</u> • All schools must provide swimming instruction either in key stage 1 or key stage 2. • Use a range of strokes effectively • Swim confidently over 25M • perform safe self-rescue in different water-based situations.	<u>Swimming</u> • All schools must provide swimming instruction either in key stage 1 or key stage 2. • Use a range of strokes effectively • Swim confidently over 25M • perform safe self-rescue in different water-based situations.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y4	<u>Swimming</u> • All schools must provide swimming instruction either in key stage 1 or key stage 2. • Use a range of strokes effectively • Swim confidently over 25M • perform safe self-rescue in different water-based situations.	<u>Swimming</u> • All schools must provide swimming instruction either in key stage 1 or key stage 2. • Use a range of strokes effectively • Swim confidently over 25M • perform safe self-rescue in different water-based situations.	<u>Swimming</u> • All schools must provide swimming instruction either in key stage 1 or key stage 2. • Use a range of strokes effectively • Swim confidently over 25M • perform safe self-rescue in different water-based situations.	<u>Outdoor Adventurous Activities OAA</u> This unit will focus on: • Pupils develop problem-solving skills through a range of challenges • Plan, explore, solve, reflect and improve on strategies • Developing communication skills • Take part in outdoor and adventurous activity challenges both individually and within a team	<u>Body Management</u> <u>Gymnastics</u> This unit will focus on: • Develop balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences • Develop flexibility, strength, technique, control and balance	<u>Invasion Games</u> <u>Hockey</u> This unit will focus on: • Hockey is an invasion game • Children will use running, jumping, throwing and catching in isolation and in combination • Play competitive games • Apply basic principles suitable for attacking and defending

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y5	<u>Invasion Game</u> <u>Basketball</u> This unit will focus on: - Children will use running, jumping, throwing and catching in isolation and in combination - Play competitive games - Apply basic principles suitable for attacking and defending - Pupils develop their understanding of fair play and honesty	<u>Dance</u> This unit will focus on: - Children will build knowledge on actions, dynamics, space and relationships - Develop balance, flexibility and co-ordination - Perform dances using a range of different movement patterns	<u>Fundamentals</u> <u>Fitness</u> This unit will focus on: - Children will develop strength, stamina, speed, co-ordination, balance and agility - Children will use running, jumping and throwing in isolation and in combination - Develop flexibility, strength, technique, control and balance	<u>Body Management</u> <u>Gymnastics</u> This unit will focus on: - Develop balancing, rolling, jumping and inverted movements - Explore partner relationships such as cannon, synchronisation, matching and mirroring - Develop flexibility, strength, technique, control and balance	<u>Strike and Field Games</u> <u>Rounders</u> This unit will focus on: - Children will develop understanding of the principles of striking and fielding - use running, jumping, throwing and catching in isolation and in combination - Play competitive games - Apply basic principles suitable for attacking and defending	<u>Fundamentals</u> <u>Athletics</u> This unit will focus on: This unit will focus on: - use running, jumping, throwing and catching in isolation and in combination - Develop flexibility, strength, technique, control and balance - Children will learn how to improve by identifying areas of strength as well as areas of development

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y6	<u>Invasion Game</u> <u>Hockey</u> This unit will focus on: - Children will use running, jumping, throwing and catching in isolation and in combination - Play competitive games - Apply basic principles suitable for attacking and defending - Pupils develop their understanding of fair play and honesty while self-managing games and abiding by rules	<u>Dance</u> This unit will focus on: - Children use different choreographing tools to create dances e.g., formations, dynamics and timings - Perform dances using a range of different movement patterns	<u>Body Management</u> <u>Gymnastics</u> This unit will focus on: - Develop flexibility, strength, technique, control and balance - Pupils develop understanding of compositional principles e.g., how to use variations in levels, direction and pathways - How to combine and link actions	<u>Fundamentals</u> <u>Fitness</u> This unit will focus on: - Children will learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility - Children will use running, jumping and throwing in isolation and in combination - Develop flexibility, strength, technique, control and balance	<u>Strike and Field Games</u> <u>Cricket</u> This unit will focus on: - Children will expand their knowledge of the principles of striking and fielding - use running, jumping, throwing and catching in isolation and in combination - Play competitive games - Apply basic principles suitable for attacking and defending	<u>Fundamentals</u> <u>Athletics</u> This unit will focus on: - use running, jumping, throwing and catching in isolation and in combination - Develop flexibility, strength, technique, control and balance - Children will learn how to improve by identifying areas of strength as well as areas of development - Observe and provide feedback to others