

PE Long Term Overview 2025-2026

Year	Autumn term		Spring term		Summer term	
Nursery/ Reception	Fundamental Movement Skills Locomotion/Stability yoga (AM)		Locomotion/Stability gymnastics / dance (reception)		Fundamental Movement Skills Locomotion/Stability/ object control	
	honesty courage determination	resilience responsibility self belief	empathy fairness passion	respect encouragement honesty	imagination Concentration teamwork	problem-solving decision making respect
1	Fundamental movement (running and jumping)	team games (inc football)	Fundamental movement skills (throwing and catching)	Gymnastics	Dance	Fundamental skills (bat and ball skills)
	honesty courage determination	resilience responsibility self belief	empathy fairness passion	respect encouragement honesty	imagination Concentration teamwork	problem-solving decision making respect
2	Fundamental Movement Skills (Throwing and Catching)	dance	gymnastics	Fundamental Skills (bat and ball)	Invasion Games (inc football)	Invasion Games (attacking and defending)
	honesty courage determination	resilience responsibility self belief	empathy fairness passion	respect encouragement honesty	imagination Concentration teamwork	problem-solving decision making respect
3	Invasion Games gymnastics	Football	Net & Wall yoga	Dance Striking and Fielding	Outdoor adventurous Striking and fielding	Athletics
	honesty courage determination	resilience responsibility self-belief	empathy fairness passion	respect encouragement honesty	Imagination Concentration teamwork	problem-solving decision making respect
4	Invasion Games (inc football) Dance	Invasion Games (Tag rugby)	Invasion Games hockey Gymnastics	Net and Wall (tennis) yoga	OAA Athletics	Striking & fielding (cricket) OAA
	honesty courage determination	resilience responsibility self-belief	empathy fairness passion	respect encouragement honesty	imagination Concentration teamwork	problem-solving decision making respect
5	Invasion Games (inc football)	Invasion Games (basketball)	Dance Swimming	Gymnastics Swimming	Athletics yoga Striking & Fielding	OAA Athletics

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					(rounders)	
	honesty courage determination	resilience responsibility self-belief	empathy fairness passion	respect encouragement honesty	Imagination Concentration teamwork	problem-solving decision making respect
6	Gymnastics Invasion Games (inc football)	Invasion Games (netball)	Net and Wall (volleyball) Dance	Striking and fielding OAA	Striking and fielding OAA	Athletics yoga
	honesty courage determination	resilience responsibility self-belief	empathy fairness passion	respect encouragement honesty	imagination Concentration teamwork	problem-solving decision making respect