

PE Long Term Plan 2026-2027

EYFS	Term 1 First PE	Term 2 Fitness FUNS	Term 3 Dance (Fairy Tales)		Term 5 Swimming	Term 6 Athletics
Key Knowledge Questions	- How can you move safely - How can you control a ball/object? - How can you pass a ball/object?	- How can you keep fit? - How can you keep healthy?	- How would a troll move? - How would a fairy move? - How can you move in different ways?		- How can you get in the water safely? - How do you blow bubbles in the water? - How do you stay safe in water?	- Show me how you jump - Show me how you balance - How many different ways can you jump?
Key Vocabulary	Space Push Pat Throw Catch	Jump Hop Skip Jog	Perform Listen Levels		Safe Splash Bubbles	Balance Competition March
Year 1/2	Term 1/2 Ball skills (T1/2)		Term 3/4 Dance (IGA Show Stopper)		Term 5 Swimming	Term 6 Athletics
	Gym (T1)	Winter Dance (T2)	Ball games (T3)	Tennis (T4)		Gym

Key Knowledge Questions	• How can you stop a ball? • How can you pass a ball? • How can you throw a ball underarm? • How can you throw a ball to score?		• How can you move in time to music? • Can you show a feeling through your dance? How? • Can you link two or three dance moves together smoothly?		• How can you move around the pool safely? • How can a float help you in water? • How can you travel across the water using a float?	• How do you change your throw to hit different targets? • How can you jump and land safely? • Can you tell me what FAST means and show me how to run FAST?
	• How can you perform different rolls? • How can you balance on different parts of your body? • How can you perform jumps on different apparatus?	• Can you tell me/show movements that are high, middle and low? • Can you show me a controlled movement? What's important? • Can you show me movements in different directions?	• How can you move into a space in a game? • How can you pass and move in a game? • How can you try and win the ball in a game?	• How can you control a ball with a racket? • How can you perform a forehand and backhand in floor tennis? • How can you hit a ball with a racket?		How can you perform a bunny hop across apparatus? How can you perform shapes, balances and jumps using various apparatus? How can you co-operate with your team when using apparatus?

Key Vocabulary	Control Target Pass Score Underarm		Control Performance		Travel Float Support Kick	FAST Standing side Distance
	Apparatus Pike jump Tuck jump Balance Roll	Levels Directions Travel	Space Pass Defend Intercept	Forehand Backhand Underarm throw Ready position		Straight jump Forward roll Bunny hops Arch roll
Year 3/4	Term 1 Football	Term 2 Netball	Term 3 Basketball	Term 4 Tennis	Term 5 Swimming	Term 6 Athletics
	Gym		Dance (IGA Showstopper)			Rounders
Key Knowledge Questions	- How can you control a ball using your feet? - How can you pass a ball using your feet? - How can you dribble and turn with a ball using your feet?	- How can you pass and receive in netball? - How can you perform a stride stop in netball? - How can you perform a jump stop with a pivot?	- How can you dribble a ball in basketball? - How can you pass and receive a ball in basketball? - How can you shoot into a target?	- How can you hit the ball using a forehand? - How can you hit the ball using a backhand? - What rules help keep a 1v1 tennis game fair?	- Can you show me how to float on your back? - Can you show me how to float on your front? - Can you swim a short distance?	- How can you throw a soft javelin? - How can you perform a hop, step and jump (standing triple jump)? - How can you throw a shot put?

	- How can you perform a teddy bear roll? - How can you perform matching and mirroring balances? - How can you perform a bunny hop on various apparatus?		- How can you dance in 'unison' when performing a dance? - How can you dance in 'canon' when performing a dance? - How can you use different 'pathways' when performing a dance?			- How can you stop a ball in rounders? - How can you throw a ball overarm in rounders? - How can you hit a ball with a bat in rounders?
Key Vocabulary	Inside hook Outside hook Drag back Intercept	Stride Pivot Marking Attacker Defender	Chest pass Bounce pass Travelling Dribble	Rally Consecutive Grip Drop feed Hand feed	Front float Back float Backstroke Front crawl	Long jump Triple jump Shot put Relay Javelin
						Fielders Batter Long barrier Bowler
	Matching Mirroring Teddy bear roll Body tension		Unison Canon Pathways Expression Formations			
Year 5/6	Term 1 Football	Term 2 Handball	Term 3 Pickleball	Term 4 O.A.A	Term 5 Swimming	Term 6 Athletics
						Cricket
	Gym		Dance (IGA Show Stopper)			

Key Knowledge Questions	• How can you pass a ball over a longer distance? • How can you kick a ball to score a goal? • Can you show me how to defend effectively in a 2v2?	• How can you pass and move effectively to help your team keep possession of the ball? • How can you use dribbling, passing and shooting to create and score goals? • How can you work with your	• How can you use different footwork in pickleball? • How can you hit with control when moving? • How can you serve?	• How can you use a key to recognise orienteering symbols? • How can you use the 8 points of the compass to navigate around a grid? • How can you read a 4-figure grid reference on a map?	• Can you swim 25 metres? • How can you keep yourself safe and perform a self-rescue in different water-based situations? • Can you name and demonstrate a range of swimming strokes?	• How can you pace yourself when running at longer distances? • How can you work as a team to pass and receive the baton in a relay race? • How can you perform different jumps?
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		teammates to defend and win the ball back?	• How can you use 'space' when performing a dance? • How can you use 'relationships' when performing a dance? • How can you use 'dynamics' when performing a dance?			
	• How can you perform a T-roll and a side star roll? • How can you perform inverted skills? • How can you perform a basic vault?				• How can you field a ball? • How can you bowl a ball underarm against a batter? • How can you bowl a ball overarm against a batter?	
Key Vocabulary	Feints Laces	Intercept Block	Footwork Volley	Compass Control points	Breaststroke Butterfly	Pace Baton

	Tactics Power	Infringement	Anticipate Reaction	Check points Boundary Cooperate	Self-rescue Endurance	Exert Vertical jump
	Synchronisation Inverted Vaulting T-roll Side star roll		Dynamics Relationships Flow Stimulus			Over Runs Wide Wicket keeper



straight jump

A jump where you take off and land with your body straight and your feet together.



forward roll

Rolling forward from your head and shoulders to your back and feet.



bunny hops

Small jumps using both feet together, like a bunny rabbit.



arch roll

A roll where your body is stretched with your chest lifted and your back slightly curved.



intercept

To stop or catch a pass before it reaches another player.



block

To stop a shot, pass, or player from getting through.



infringement

A rule being broken during the game.



synchronisation

Moving at the same time and in the same way as another person or group.



inverted

A position where your head is below your hips, such as in a handstand.



T-roll

A roll where the body follows a T-shaped pathway.



side star roll

A rolling movement that starts from a star shape and rolls sideways while keeping the body stretched out.



footwork

The way you move your feet to get into the best position to hit the ball.



volley

Hitting the ball before it bounces on the court.



anticipate

To predict where the ball will go or what your opponent will do next.



QUICK REACTION

reaction

How quickly you respond to the ball.



compass

A tool that shows directions (north, south, east and west) to help you find your way.



control points

Specific locations that you must find during an orienteering or navigation activity.



check points

Places where you stop to confirm you are on the correct route.



boundary

Edge of the area where the activity takes place.



cooperate

Work together with others to
achieve a goal or solve a
problem.



dynamics

How a movement is performed, such as fast, slow, strong, etc.



relationships

How dancers work and move with other people in the dance.



flow

The way movements connect smoothly from one to another.



stimulus

An idea, object, feeling, sound, or picture that inspires a dance.



breaststroke

A swimming stroke where you move your arms in a circular motion and kicks your legs like a frog.



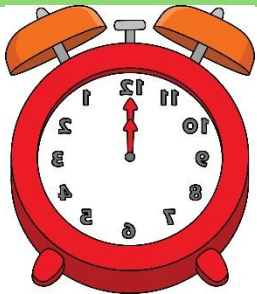
butterfly

A swimming stroke where both arms move together over the water while the legs kick.



self-rescue

The skills and actions used to keep yourself safe and get out of difficulty in water.



endurance

The ability to keep exercising or swimming for a long time without becoming tired.



pace

The speed at which you run or move during a race.



baton

A stick that runners pass to each other in a relay race.



exert

Use effort, energy or force when taking part in an activity.



vertical jump

A jump straight upwards from the ground to see how high a person can reach.



over

A set of 6 balls bowled by one bowler from the same end of the pitch.



runs

The points scored by the batting team by running between the wickets or hitting the ball to the boundary.



wide

A ball hit too far from the batter to hit fairly. The batting team gets 1 extra run.



wicket keeper

The player who stands behind the batter's wicket to catch the ball and stop it from going past.