

Long Term Planning PE

This subject is carefully planned and sequenced to enable 'sticky learning' as students are encouraged to revisit and retrieve learning from previous lessons.



	Autumn: Term 1	Autumn: Term 2	Spring: Term 3	Spring: Term 4	Summer: Term 5	Summer: Term 6
CYCLE A 2023-2024						
KS1	Team games Swimming topic Water confidence	Team games Swimming topic Water confidence	Dance and gymnastics Swimming topic Pre-swimming skills	Dance and gymnastics Swimming topic Pre-swimming skills	Athletics Swimming topic Duckling 1	Athletics Swimming topic Duckling 1
KS2	Dance Swimming Topic Water confidence	Dance Swimming Topic Water confidence	Invasion games Field and striking Swimming Topic Developing a broad range of aquatic skills	Invasion games Field and striking Swimming Topic Developing a broad range of aquatic skills	Gymnastics Swimming Topic Combing aquatic skills to perform more complex actions and sequences	Athletics Swimming Topic Combing aquatic skills to perform more complex actions and sequences
KS3	Gymnastics Swimming Topic Aquatic skills Award 4/5 Leadership skills awards	Gymnastics Swimming Topic Aquatic skills Award 4/5 Leadership skills awards	Net and wall Swimming Topic Aquatic skills award 5/6 Leadership skills awards	Net and wall Swimming Topic Aquatic skills award 5/6 Leadership skills awards	Athletics Swimming Topic Self-rescue/ ASA awards 6 Leadership skills awards	Athletics Swimming Topic Self-rescue/ ASA awards 6 Leadership skills awards
KS4/5	Recreational sports	Recreation sports	Competitive games	Competitive games	Understanding healthy lifestyles and fitness	Understanding healthy lifestyles and fitness
CYCLE B 2024-2025						
KS1	Net and wall games Swimming topic Water confidence and pre- swimming skills	Net and wall games Swimming topic Water confidence and pre- swimming skills	Dance and gymnastics Locomotion to music and exploring moving to a rhythm Swimming topic Duckling 1/2	Dance and gymnastics Rolling and exploring movement and rhythm Swimming topic Duckling 1/2	Athletics Swimming topic Duckling 2/3	Athletics Swimming topic Duckling 2/3
KS2	Invasion games Fielding and striking Swimming Topic Water confidence	Invasion games Fielding and Striking Swimming Topic Water confidence	Gymnastics and Dance Locomotion and rolling Swimming Topic Duckling 3/4 and AAA award	Gymnastic and Dance Combining movements to music Swimming Topic Duckling 3/4 and AAA award	Net and wall games Swimming Award Duckling 4/5 and AAA award	Net and wall games Swimming Award Duckling 4/5 and AAA award
KS3	Dance/ gymnastics Travel Swimming Topic Aquatic skills Award 4/5 Leadership skills awards	Dance/ gymnastics Travel Swimming Topic Aquatic skills Award 4/5 Leadership skills awards	Athletics Swimming Topic Aquatic skills award 5/6 Leadership skills awards	Athletics Swimming Topic Aquatic skills award 5/6 Leadership skills awards	Outdoor adventurous activities Trails, trust and teamwork Swimming Topic Self-rescue/ ASA awards 6 Leadership skills awards	Outdoor adventurous activities Trails, trust and teamwork Swimming Topic Self-rescue/ ASA awards 6 Leadership skills awards
KS4/5	Careers in sports	Careers in sports	Sports science and nutrition	Sports science and nutrition	Boundaries and limitations- The importance of rules in sport	Boundaries and limitations- The importance of rules in sport
CYCLE C 2025-2026						
KS1	Team games Swimming topic Water confidence	Team games Swimming topic Water confidence	Dance and gymnastics Swimming topic Pre-swimming skills	Dance and gymnastics Swimming topic Pre-swimming skills	Athletics Swimming topic Duckling 1	Athletics Swimming topic Duckling 1
KS2	Dance Patterns and combining movements to music from around the world. AAA award through DCC affiliation and Level 1 ASA	Dance Patterns and combining movements to music from around the world. (nutcracker?) AAA award through DCC affiliation and Level 1 ASA	Net and wall Sending and receiving using sticks- hockey/lacrosse AAA award through DCC affiliation and Level 2 ASA	Net and wall Keeping score Sending and receiving Team work AAA award through DCC affiliation and Level 2 ASA	Athletics Prepping for sports day and learning to be competitive/ good sports man AAA award through DCC affiliation and Level 3 ASA	Athletics Prepping for sports day and learning to be competitive/ good sports man AAA award through DCC affiliation and Level 3 ASA
KS3	Net and wall games	Net and wall	Fielding and striking	Fielding and striking	Athletics	Athletics

	<p>accuracy Swimming Topic AAA/ ASA awards 3/4/5</p> <p>Leadership skills awards</p>	<p>Swimming Topic Self-rescue/ ASA awards 3/4/5</p> <p>Leadership skills awards</p>	<p>Wide games Rounders, cricket and golf</p> <p>Swimming Topic Self-rescue/ ASA awards 4/5/6</p> <p>Leadership skills awards</p>	<p>Wide games Rounders, cricket and golf</p> <p>Swimming Topic Self-rescue/ ASA awards 4/5/6</p> <p>Leadership skills awards</p>	<p>Swimming Topic Self-rescue/ ASA awards 5/6</p> <p>Leadership skills awards</p>	<p>Swimming Topic Self-rescue/ ASA awards 5/6</p> <p>Leadership skills awards</p>
KS4/5	Sport to self-regulate and meditation	Sport to self-regulate and meditation	Outdoor and adventurous activity: planning and making a journey	Outdoor and adventurous activity: planning and making a journey	Its all about balance Healthy lifestyles	Its all about balance Healthy lifestyles
CYCLE D 2026-2027						
KS1	<p>Net and wall games</p> <p>Swimming topic Water confidence and pre-swimming skills</p>	<p>Net and wall games</p> <p>Swimming topic Water confidence and pre-swimming skills</p>	<p>Dance and gymnastics</p> <p>Swimming topic Duckling 1/2</p>	<p>Dance and gymnastics</p> <p>Swimming topic Duckling 1/2</p>	<p>Athletics</p> <p>Swimming topic Duckling 2/3</p>	<p>Athletics</p> <p>Swimming topic Duckling 2/3</p>
KS2	<p>How does movement effect our bodies and minds. Yoga, mindfulness and self-regulation.</p>	<p>How does movement effect our bodies and minds. Yoga, mindfulness and self-regulation.</p>	<p>Gymnastics Flexibility and strength</p>	<p>Dance Compare, contrast and improve</p>	<p>Outdoor adventures</p>	<p>Outdoor adventures</p>
KS3	<p>Gymnastics</p> <p>Swimming Topic Aquatic skills Award 4/5</p> <p>Leadership skills awards</p>	<p>Gymnastics</p> <p>Swimming Topic Aquatic skills Award 4/5</p> <p>Leadership skills awards</p>	<p>Net and wall</p> <p>Swimming Topic Aquatic skills award 5/6</p> <p>Leadership skills awards</p>	<p>Net and wall</p> <p>Swimming Topic Aquatic skills award 5/6</p> <p>Leadership skills awards</p>	<p>Athletics</p> <p>Swimming Topic Self-rescue/ ASA awards 6</p> <p>Leadership skills awards</p>	<p>Athletics</p> <p>Swimming Topic Self-rescue/ ASA awards 6</p> <p>Leadership skills awards</p>
KS4/5	Recreational sports	Recreation sports	Competitive games	Competitive games	Understanding healthy lifestyles and fitness	Understanding healthy lifestyles and fitness