

Physical Education Long - Term Sequence

Substantive Concepts and Disciplinary Knowledge:

- **Fundamental Movement Skills.**
- **Agility, Balance, Co-ordination.**
- **Tactical awareness, Competitive application, Leadership.**

	Autumn	Spring	Summer
Nursery	Introduction to PE 1 Move safely and sensibly in a space, use equipment and travel safely Fundamentals 1 Balance, run, jump, hop, change direction, catch and throw safely	Gymnastics 1 Make shapes, balances, jumps, rocking, rolling and travelling safely Dance 1 Explore how different parts of their body move	Games 1 Run, balance, change direction, throw, catch and jump working with a partner Ball skills 1 Rolling and receiving a ball, rolling to targets and dribbling with feet.
Reception	Introduction to PE 2 To follow instructions to move and stop safely and sensibly in a space, use equipment and travel safely Fundamentals 2 Balance, run, jump, hop, change direction, travel, catch and throw safely	Gymnastics 2 Make shapes, balances, jumps, rock, roll, barrel roll, straight roll and travelling safely Dance 2 Explore how different parts of their body move and express and communicate ideas of movement	Games 2 Run, balance, change direction, throw, catch, strike and jump through team games Ball skills 2 Rolling, tracking, throwing dribble with hands and feet, kick, catch and balance
Year 1	Fundamentals Running, balancing, jumping with accuracy. Gymnastics (including wall bars) Travelling, linking and performing shapes, balances and jumps Ball Skills Dribbling, rolling, throwing and catching a ball.	Sending and Receiving/Invasion Understand attacker and defender roles. Fitness games How can exercise make you strong and healthy in the body and mind and build stamina Target Games Throwing for accuracy and distance Fitness Understand importance of daily exercise Dance Create dance using themed music.	Net and Wall Racquet and ball skills Athletics Jumping and throwing for distance and accuracy. Striking and fielding Throwing, catching and striking a ball Team Building Speaking, listening, leadership and teamwork skills. Team building Co-operation, communication and teamwork
Year 2	Fundamentals Jumping, hopping and skipping with balance. Gymnastics (including wall bars) Sequence of shapes, balances and jumps on apparatus	Sending and Receiving/Invasion Understand simple tactics for attacking and defending. Yoga Strength, flexibility and flow in a range of movements.	Net and Wall Ready position and returning Athletics Sprinting, jumping and throwing skills for distance and accuracy Striking and fielding

CRST Primary Curriculum



	Ball skills Dribbling, kicking, rolling, throwing and catching with accuracy.	Target Games Aiming, throwing and hitting skills with a target Fitness Stamina, balance, agility and coordination. Dance Create dance using expressions and character.	Tactics and rules of fielding. Team Building Co-operation, communication and teamwork
Year 3	Fundamentals Y3/4 Balancing, agility, balance. Gymnastics (including wall bars) Shape jumps, rolls, transitions. Ball Skills Y3/4 Tracking, dribbling, catching techniques.	Invasion Games Netball Passing, moving, shooting skills. Dance Creating partner dance sequences. Fitness Stamina, strength, speed. OAA Instructions, map, route.	Net and Wall Tennis skills Forehand and backhand skills Fitness Speed, strength, stamina, coordination. Track and field Athletics Sprint, relay and jump techniques. Golf Accuracy of aiming with a club exploring techniques over long and short distances
Year 4	Gymnastics (including wall bars) Individual and partner balances. Invasion games Football Attacking, defending, maintaining session and moving with a ball. Fitness Stamina, strength, speed and agility.	Invasion Games Hockey Dribbling, attacking and defending. Dance Formations, canon, unisons. OAA Orientation and navigation. Yoga Creating yoga flow sequences.	Net and Wall Tennis Forehand, backhand, rallies Track and Field Athletics Power, distance throws/jumps. Striking & Fielding Rounders Rounders - Bowling, batting, fielding. Cricket Apply techniques to game.
	Swimming Developing confidence in the water, inducing specific swimming strokes on their front and back. Travel, float and understand how to stay safe around water.		

2026/2027						
	TERM 1		TERM 2		TERM 3	
Nursery	Introduction to PE : Unit 1	Fundamentals : Unit 1	Gymnastics : Unit 1	Dance : Unit 1	Games : Unit 1	Ball Skills : Unit 1
Reception	Introduction to PE : Unit 2	Fundamentals : Unit 2	Gymnastics : Unit 2	Dance : Unit 2	Games : Unit 2	Ball Skills : Unit 2
Year 1	Gymnastics	Ball Skills	Fitness	Dance	Striking and Fielding Games	Net and Wall Games
	Fundamentals	Gymnastics	Target Games	Sending and Receiving	Athletics	Team Building
Year 2	Gymnastics	Gymnastics	Yoga	Dance	Striking and Fielding Games	Team Building
	Fundamentals	Ball Skills	Target Games	Invasion Games Sending and Receiving	Athletics	Net and Wall Games
Year 3	Gymnastics	Gymnastics	Fitness	Dance	Athletics	Dodgeball
	Fundamentals Y3/4	Ball Skills Y3/4	Netball	OAA	Golf	Tennis
Year 4	Football	Gymnastics	Hockey	OAA	Athletics	Tennis
	Gymnastics	Fitness	Yoga	Dance	Cricket	Rounders
	Swimming					