

Long Term Plan for P.E. 2025-2026

	Autumn 1 Personal	Autumn 2 Social	Spring 1 Cognitive	Spring 2 Creative	Summer 1 Physical	Summer 2 Health and Fitness
Owl	Coordination: footwork Static balance: one leg	Agility: jumping/landing Static balance: seated	Dynamic balance: on a line Static balance: stance	Coordination: ball skills Counter balance: partner	Sending and receiving Agility: reaction/response	Agility: ball chasing Static balance: floor work
			Gymnastics	Dance	Sports Day	Sports Day / athletics
Osprey	Coordination: footwork Static balance: one leg	Agility: jumping/landing Static balance: seated	Dynamic balance: on a line Static balance: stance	Coordination: ball skills Counter balance: partner	Sending and receiving Agility: reaction/response	Agility: ball chasing Static balance: floor work
	Gymnastics	Dance	Gymnastics	Team Games	Team Games	Athletics
Falcon	Coordination: footwork Static balance: one leg	Agility: jumping/landing Static balance: seated	Dynamic balance: on a line Static balance: stance	Coordination: ball skills Counter balance: partner	Sending and receiving Agility: reaction/response	Agility: ball chasing Static balance: floor work
	Multi-sports	Dance	Gymnastics	Team Games	Teams Games	Athletics
Kestrel	Coordination: footwork Static balance: one leg	Agility: jumping/landing Static balance: seated	Dynamic balance: on a line Coordination: ball skills	Sending and receiving Counter balance: partner	Agility: reaction/response Static balance: floor work	Agility: ball chasing Static balance: stance
	Tennis	Gymnastics	Dance	Rugby	Athletics	Cricket
Merlin	Coordination: footwork / ball skills Static balance: one leg Sending and receiving	Agility: jumping/landing Static balance: seated	Dynamic balance: on a line Static balance: floor work	Counter balance: partner	Agility: reaction/response	Agility: ball chasing Static balance: stance
	Netball	Badminton	Gymnastics Swimming	Dance Swimming	Rounders Swimming	Athletics
Hawk	Coordination: ball skills Agility: reaction/response	Dynamic balance: on a line Counter balance: partner	Static balance: Stance Coordination: footwork	Static balance: seated Static balance: floor work	Jumping and landing Static balance: One leg	Sending and receiving Agility: ball chasing
	Tennis	Gymnastics	Dance	Rugby	Athletics	Cricket
Eagle	Coordination: ball skills Agility: reaction/response	Dynamic balance: on a line Counter balance: partner	Static balance: stance Coordination: footwork	Static balance: seated Static balance: floor work	Agility: jumping/landing Static balance: one leg	Sending and receiving Agility: ball chasing
	Netball	Dance	Badminton	Gymnastics	Athletics	Rounders