

Hemingbrough Community Primary School
Long Term Plan
Physical Education



Year A – 2025-2026

	Term 1				Term 2				Term 3			
	1/1		1/2		2/1		2/2		3/1		3/2	
Session	1	2	1	2	1	2	1	2	1	2	1	2
EYFS/Y1	Fundamentals	Fitness	Dance	Yoga	Dance	Gymnastics	Gymnastics	Ball Skills	Target Games	Striking and fielding games	Team building	Athletics
Year 2	Fundamentals	Fitness	Dance	Yoga	Dance	Gymnastics	Gymnastics	Ball Skills	Target Games	Striking and fielding games	Team building	Athletics
Year 3/4	Fundamentals	Hockey	Dance	Yoga	Dance	Basketball	Dodgeball	Gymnastics	Golf	Cricket	OAA	Athletics
Year 5/6	Fundamentals	Hockey	Dance	Yoga	Dance	Gymnastics	Netball	OAA	Handball	Basketball	Cricket Y5 Swimming	Athletics (Year 5)

In Year A (Tuesday afternoons):

PE PRO Sessions highlighted in purple

Year B – 2026-2027

	Term 1				Term 2				Term 3			
	1/1		1/2		2/1		2/2		3/1		3/2	
Session	1	2	1	2	1	2	1	2	1	2	1	2
EYFS/Y1	Fundamentals	Yoga	Dance	Sending and Receiving	Dance	Gymnastics	Gymnastics	Ball Skills	Invasion Games	Net and Wall games	Team Building	Athletics
Year 2	Fundamentals	Yoga	Dance	Sending and Receiving	Dance	Gymnastics	Gymnastics	Ball Skills	Invasion games	Net and Wall games	Team Building	Athletics
Year 3/4	Fitness	Football	Dance	Yoga	Dance	Gymnastics	Golf	Netball	Rounders	Tag Rugby	Tennis	Athletics
Year 4/5 2026-2027 ONLY	Fitness – Y4	Football - Y4	Dance - Y4	Yoga - Y4	Dance - Y4	Gymnastics - Y4	Golf - Y4	Netball - Y4	Rounders - Y4	Tag Rugby - Y4	Tennis - Y4	Athletics - Y4
Year 5/6	Fitness	Football	Dance	Basketball	Dance	Gymnastics	Dodgeball	Gymnastics	Rounders	Tag Rugby	Tennis Y5 Swimming	Athletics