



# Sacred Heart PE Long Term Plan – 2025/2026



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Northwood Gym Fundamentals – Speed & Agility	Dance Ball Skills – Sending & Receiving	Gymnastics Invasion	Teambuilding Net & Wall	Fitness Striking and Fielding	Dance Athletics
Year 2	Yoga Fundamentals – Speed & Agility	Fitness Invasion	Indoor activities / games Ball Skills – Sending & Receiving	Dance Net & Wall	Gymnastics (Northwood Gym) Athletics	Teambuilding Striking and Fielding
Year 3	Yoga Football	Indoor games Netball	Dance Tennis	Northwood Gymnastics Hockey	Fitness Athletics	Dodgeball Cricket
Year 4	Gymnastics Tag Rugby	Dance Basketball	Gymnastics (Northwood Gym)Hockey	Dodgeball Netball	Swimming Athletics	Handball Rounders
Year 5	Handball Football	Gymnastics (Northwood Gym) Netball	Dodgeball Tennis	Dance Hockey	Fitness Cricket	Volleyball Athletics
Year 6	Badminton Tag Rugby	Dance Basketball	Dodgeball Netball	Gymnastics Hockey	Fitness Athletics	Gymnastics (Northwood Gym) Rounders

Purple = Indoor

Blue = Outdoor

OAA will be completed in KS2 as an extra unit in Summer

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