

Wildmoor Heath
PE Long Term Plan with Get Set 4 PE 2025-2026



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 (Sports day practice)
Reception	Introduction to PE: Unit 1	Fundamentals: Unit 1	Gymnastics Unit 1	Dance Unit 1	Ball skills Unit 1	Games Unit 1
Year 1	Ball skills Yoga	Invasion games Dance	Net and wall games Gymnastics	Sending and Receiving Gymnastics	Striking and fielding Fitness	Target games Athletics
Year 2	Ball skills Dance	Sending and receiving Dance	Net and wall games Gymnastics	Invasion games Gymnastics	Striking and fielding Yoga	Athletics Fitness
Year 3	Ball skills Fundamentals	Football Yoga	Hockey Dance	Basketball Gymnastics	Tennis Swimming	Athletics Swimming
Year 4	Tag rugby Fitness	Netball Yoga	Handball Dance	Dodgeball Gymnastics	Athletics Cricket	Rounders Fundamentals
Year 5	Tag Rugby/ Netball Yoga	Basketball Dance	Handball Fitness	Badminton Gymnastics	Tennis Rounders	Athletics Cricket
Year 6	Netball Fitness	Tag rugby Dance	Hockey Yoga	Volleyball Gymnastics	Dance Athletics	Cricket Rounders

Please note: specialist coaching sessions are not yet included but will replace a topic. The schedule will then be rearranged where appropriate to ensure coverage of skills and knowledge. Sports day practice should be included in Summer 2 where possible.