Cotsford Primary School Physical Education Long Term Plan 2026-2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	SP coach -Fundamental skills FoL – Early Movement	FoL – Early Movement	Gymnastics / Dance	Football	Games	Athletics-Sports Day practise
Year 1	SP coach - Fundamental Skills Sunderland-Football	Dance-Moving along Gymnastics-Making shapes	Gymnastics Dance – Themes and Dreams	Games-10-point hoops Fitness	Games-Bean Bag Throw OAA-Where are we going?	Athletics-Sports Day practise Athletics-Off, up and away
Year 2	Games-Piggy in the Middle Sunderland-Football	Fitness Gymnastics	Dance-Cat Dance Gymnastics-Families of actions	Games-Kick Rounders Dance	Tennis Team Building	Athletics-Sports Day practise Athletics-Off, up and away
Year 3	Games-Skittles Athletics	Dance Games -Tennis	Gymnastics Dance-Round the clock	Football Fitness	Games-Arc Rounders OAA	Gymnastics-Balancing act Athletics
Year 4	Games – End Zone Dance – Time to Erupt	Gymnastics-Partner work Sunderland-Football	Gymnastics Games-On the attack	Tennis Dance	Swimming OAA	Swimming Athletics
Year 5	Gymnastics – Acrobatic Dance	Gymnastics Sunderland-Football	Tennis Swimming	Dance-Indian Delight Swimming	Games-Grid rugby OAA	Athletics-Distance challenge Games-Runners
Year 6	Games-Tag Rugby Swimming	Games-Calling the shots Swimming	Basketball Gymnastics	Dance OAA	Football Cricket	Athletics-Distance challenge Dance -Making the Grade

Get Set 4 PE – dance and gymnastics have 12 lessons – choose according to cohort needs

FoL-Thursday pm Autumn FoL- Monday am EYFS and SEN

SP coach – Wednesday am -for fundamental skills Autumn 1