



Uffington Church of England Primary School
Physical Education - Long Term Plan - 2025-2026

Fundamentals **Dance** **Gymnastics** **Athletics** **Swimming** **OAA** **Ball skills/Invasion** **Net and wall** **Striking and fielding**

Year Group	Concepts / NC Aims	PE Pillars of Progression (Ofsted, 2022)	Autumn		Spring		Summer		National Age-Related Expectations EYFS ELGs / NC Attainment Targets
			Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
R	Personal, Social and Emotional Development Physical Development Expressive Arts and Design	Motor Competence	Introduction to PE: Unit 1 Ball Skills: Unit 1	Introduction to PE: Unit 2 Fundamentals: Unit 1	Dance: Unit 1 Fundamentals: Unit 2	Ball Skills: Unit 2 Dance: Unit 2	Games: Unit 2 Gymnastics: Unit 1	Athletics Team Games Gymnastics: Unit 1	<p>PSED ELG: Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Manage their own basic hygiene and personal needs, including dressing</p> <p>Work and play cooperatively and take turns with others.</p> <p>PD ELG: Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>EAD ELG: Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>
			Swimming	Swimming					
1	Develop competence to excel in a broad range of physical activities.	Healthy Participation	Continuous Provision	Continuous Provision	Continuous Provision	Continuous Provision	Athletics OAA	Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.	
2			Fundamentals	Target Games	Swimming	Swimming	Continuous Provision		
3/4	Engage in competitive sports and activities.	Rules, Strategies and Tactics	Ball Skills	Sending / Receiving	Net and wall	Net and wall	Athletics OAA	They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	
			Swimming	Swimming	Yoga	Fundamentals	Striking / field games		
5/6	Lead healthy, active lives.	Healthy Participation	Netball	Rugby	Football	OAA	Field and striking x5 Tennis x4 Athletics x4	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p> <p>They should enjoy communicating, collaborating and competing with each other.</p> <p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Swimming and water safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.</p>	
			Swimming	Swimming	Gymnastics	Gymnastics	Swimming		
KS3 AIMS	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.								