



St Charles Catholic Primary School PE Long Term Plan

EYFS KS1	Year Group	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Repeated each year	Class 1 EYFS	Generic drills and games		Tennis		Athletics	
		Football		Gymnastics		Dance	
	Class 2	Fundamentals	Gymnastics	Invasion Games	Strike and Field	Athletics	Fitness
		Team Building	Dance	Yoga	Send and Receive	Ball Skills	Sports Day Prep

KS2	Year Group	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
2025-2026	Class 3	Football	Gymnastics	Swimming	Outdoor Adventures	Fitness	Athletics
		Ball Skills	Dance		Hockey	Netball	Rounders
2026-2027		Tag Rugby	Basketball	Dance	Volleyball	Tennis	Athletics
Dodgeball		Cosmic Yoga			Cricket	Sports Day Prep	
2025-2026	Class 4	Football	Gymnastics	Badminton	Outdoor Adventures	Swimming	Athletics
		Ball Skills	Dance	Fitness	Hockey		Cricket
2026-2027		Tag Rugby	Basketball	Volleyball	Outdoor Adventures	Tennis	Athletics
		Dodgeball	Cosmic Yoga	Dance	Fitness	Cricket	Sports Day Prep
Repeated every year	Class 5	Hockey	Gymnastics	Dodgeball	Outdoor Adventures	Athletics	Swimming
		Tag Rugby	Dance	Badminton	Rounders	Cricket	