

Sutton on the Forest – PE Long Term Plan

Year A – 2026 - 2027

Year A	Reception	Year 1 / 2	Year 3 / 4	Year 5 / 6
Autumn 1	Me & Myself	Football (Y1)	Football (Y3)	Football (Y5)
		Handball	Fitness	Handball
Autumn 2	Movement & Development	Gymnastics 1 (Y1)	Gymnastics 1 (Y3)	Gymnastics 1 (Y5)
		Fitness	Swimming	Fitness
Spring 1	Throwing & Catching	Dance (Y1)	Dance (Y3)	Dance (Y5)
		Gymnastics 2 (Y1)	Gymnastics 2 (Y3)	Gymnastics 2 (Y5)
Spring 2	Ball Skills	Rugby (Y1)	Rugby (Y3)	Rugby (Y5)
		Golf	Golf	Golf
Summer 1	Fun & Games	Football (Y2)	Football (Y4)	Football (Y6)
		Athletics (Y1)	Athletics (Y3)	Athletics (Y5)
Summer 2	Working with others	Rugby (Y2)	Rugby (Y4)	Rugby (Y6)
		Orienteering	Orienteering	Orienteering

Year B – 2027 - 2028

Year B	Reception	Year 1 / 2	Year 3 / 4	Year 5 / 6
Autumn 1	Me & Myself	Hockey (Y1)	Hockey (Y3)	Hockey (Y5)
		Tag-Rugby	Tag-Rugby	Tag-Rugby
Autumn 2	Movement & Development	Dance (Y2)	Dance (Y4)	Dance (Y6)
		Fitness	Swimming	Fitness
Spring 1	Throwing & Catching	Gymnastics 1 (Y2)	Gymnastics 1 (Y4)	Gymnastics 1 (Y6)
		Yoga	Yoga	Yoga
Spring 2	Ball Skills	Gymnastics 2 (Y2)	Gymnastics 2 (Y4)	Gymnastics 2 (Y6)
		Cricket (Y1)	Cricket (Y3)	Cricket (Y5)
Summer 1	Fun & Games	Basketball	Basketball	Basketball
		Athletics(Y2)	Athletics (Y4)	Athletics (Y6)
Summer 2	Working with others	Cricket (Y2)	Cricket (Y4)	Cricket (Y6)
		Hockey (Y2)	Hockey (Y4)	Hockey (Y6)