

# St John's School

## PE Long-Term Plan



### Key

Red – Physical skills (How can students apply physical skills in the curriculum?)

Green – Thinking skills (Are students able to think through strategies and cooperation, understanding tactics and independent skills?)

Yellow – Social skills (Can students use teamwork in lessons and work collaboratively, encouraging each other?)

		Long Term Curriculum map for Physical Education				St John’s Digswell				2025 - 2026			
Time		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
R		Getting used to EYFS		Dance		Ball Skills		Floor Gymnastics		Equipment Gymnastics		Athletics	
		Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus
Yr 1	Outdoor	Ball Skills				Striking Games				Athletics		Invasion Games	
		Primary Focus		Secondary Focus		Primary Focus		Secondary Focus		Primary Focus	Secondary Focus	Primary Focus	Secondary Focus
	Indoor	Floor Gymnastics (10 weeks)		Dance (10 weeks)				Equipment Gymnastics (10 weeks)		OAA			
		Primary Focus	Secondary Focus		Primary Focus		Secondary Focus		Primary Focus	Secondary Focus		Primary Focus	Secondary Focus
Yr 2	Outdoor	Ball Skills		Netball		Invasion Games		Football		3 Tees Cricket		Athletics	
		Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus
	Indoor	Floor Gymnastics (10 weeks)		Equipment Gymnastics (10 weeks)				Dance (10 weeks)		OAA			
		Primary Focus	Secondary Focus		Primary Focus		Secondary Focus		Primary Focus	Secondary Focus		Primary Focus	Secondary Focus
Yr 3	Outdoor	Hockey		Basketball		OAA		Tag Rugby		Dodgeball		Tennis	
		Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus
	Indoor	Floor Gymnastics (10 weeks)		Dance (10 weeks)				Equipment Gymnastics (10 weeks)		Athletics			
		Primary Focus	Secondary Focus		Primary Focus		Secondary Focus		Primary Focus	Secondary Focus		Primary Focus	Secondary Focus
Yr 4	Outdoor	Football		Dodgeball		Tag Rugby		Netball		Athletics		Cricket	
		Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus
	Indoor	Floor Gymnastics (10 weeks)		Equipment Gymnastics (10 weeks)				Dance (10 weeks)		OAA			
		Primary Focus	Secondary Focus		Primary Focus		Secondary Focus		Primary Focus	Secondary Focus		Primary Focus	Secondary Focus
Yr 5	Outdoor	Basketball		Hockey		Tennis		Football		Athletics		Rounders	
		Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus
	Indoor	Floor Gymnastics (10 weeks)		Dance (10 weeks)				Equipment Gymnastics (10 weeks)		OAA			
		Primary Focus	Secondary Focus		Primary Focus		Secondary Focus		Primary Focus	Secondary Focus		Primary Focus	Secondary Focus
Yr 6	Outdoor	Dodgeball		Netball		Tag Rugby		Rounders		Cricket		Athletics	
		Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus	Primary Focus	Secondary Focus
	Indoor	Floor Gymnastics (10 weeks)		Equipment Gymnastics (10 weeks)				Dance (10 weeks)		OAA			
		Primary Focus	Secondary Focus		Primary Focus		Secondary Focus		Primary Focus	Secondary Focus		Primary Focus	Secondary Focus