



Shap Endowed CE Primary School

PE Long Term Curriculum Plan

2026-2027

	Autumn 1 2026	Autumn 2 2026	Spring 1 2027	Spring 2 2027	Summer 1 2027	Summer 2 2027
EYFS – Catbells						
Session 1 (Ben Hoyle Sports Coach / Teacher alternating weeks)	Invasion Games skills (through tag rugby)	Invasion Games skills (through dodgeball)	Gymnastics with Jenny Cooper	Invasion Games skills (through hockey)	Striking and Fielding games skills (through cricket)	Athletics
Session 2 (Teacher) Make links to current class topics / books	Spatial Awareness & Body Management Focus heavily on navigating environments safely and mastering basic body control.		Object Control & Co-ordination Introduce foundational manipulation skills that build the groundwork for KS1 ball sports		Games, Athletics & Teamwork Prepare children for KS1 PE by introducing simple team mechanics and outdoor adventurous activities	
	Unit 1: Finding Space (Gymnastics/Movement Intro)	Unit 2: Expressive Journeys (Dance/Storytelling Intro)	Unit 3: Countering & Balancing (Gymnastics)	Dance: my moves, my brilliant body	Unit 5: Run, Jump, Throw (Athletics Intro)	Unit 6: Collaborative Missions (Team Building)
Y1/2 – Kidsty Pike						
Session 1 (Ben Hoyle Sports Coach / Teacher alternating weeks)	Invasion Games skills (through tag rugby)	Invasion Games skills (through dodgeball)	Gymnastics with Jenny Cooper	Invasion Games skills (through hockey)	Striking and Fielding games skills (through cricket)	Athletics
Session 2 (Teacher)	Locomotion Running, jumping (and dodging)	Health and wellbeing: agility, balance and coordination	Dance – my world, my weather (or topic linked)	Gymnastics: linking movements and balances	Dance – my world, how we dance (or topic linked)	Swimming

	Autumn 1 2026	Autumn 2 2026	Spring 1 2027	Spring 2 2027	Summer 1 2027	Summer 2 2027
Y3/4 – Blencathra						
Session 1 (Ben Hoyle Sports Coach / Teacher alternating weeks)	Invasion Games skills (through tag rugby)	Invasion Games skills (through dodgeball)	Gymnastics with Jenny Cooper	Invasion Games skills (through hockey)	Striking and Fielding games skills (through cricket)	Athletics
Session 2 (Teacher)	Net and wall games: tactics and strategies to overcome an opponent	Dance: traditional dances of the British Isles	Gymnastics: symmetry and asymmetry	Dance – Rainforests	Striking and Fielding games skills	Swimming
Y5/6 - Helvellyn						
Session 1 (Ben Hoyle Sports Coach / Teacher alternating weeks)	Invasion Games skills (through tag rugby)	Invasion Games skills (through dodgeball)	Gymnastics with Jenny Cooper	Invasion Games skills (through hockey)	Striking and Fielding games skills (through cricket)	Athletics
Session 2 (Teacher)	Net and wall games: tactics to overcome an opponent through tennis	Dance: your tag, everyday art (or link to topic)	Gymnastics Counter balance and tension / flight	Health and wellbeing: stamina, strength and flexibility	Striking and Fielding games skills	Swimming

