



John Blow Primary School
PE Long Term Plan
2026-2027

Child-friendly definition of PE at John Blow

Physical Education (PE) at John Blow Primary School is all about helping every child enjoy being active, learn new skills and grow in confidence. We work together, challenge ourselves, stay healthy and show good sportsmanship. Through games, gymnastics, dance, athletics, outdoor activities and many different sports, we learn how to move safely, improve our fitness and discover activities we can enjoy for life. Everyone is encouraged to try their best, have fun and be proud of their achievements.

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
AUTUMN TERM	Fundamental Movement: Exploring Movement 	Fundamental Movement: Control & Coordination 	Fundamental Movement: Combining Skills 	Fundamental Movement: Applying Skills in Games 	Fundamental Movement: Balance, Agility & Coordination 	Football 	Dodgeball 
	Gymnastics 	Ball Skills 	Ball Skills 	Gymnastics 	Gymnastics 	Dodgeball 	Basketball 
	Fundamental Movement: Object Control 	Fundamental Movement: Agility & Balance 	Fundamental Movement: Reacting & Adapting 	Fundamental Movement: Creating Space 	Fundamental Movement: Reaction, Evasion & Spatial Awareness 	Gymnastics 	Gymnastics 
	Ball Skills	Gymnastics	Gymnastics	Basketball	Basketball	Basketball	Football



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	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
SPRING TERM	Fundamental Movement: Moving with Others 	Fundamental Movement: Moving into Space 	Fundamental Movement: Attacking & Defending Movement 	Fundamental Movement: Decision-Making in Games 	Fundamental Movement: Object Control & Decision-Making 	Dance 	Tag Rugby 
	Team Games 	Invasion Games 	Target Games 	Dance 	Dance 	Tag Rugby 	Fitness 
	Fundamental Movement: Rhythm & Expression 	Fundamental Movement: Rhythm & Timing 	Fundamental Movement: Sequencing & Expression 	Tag Rugby 	Tag Rugby 	Fitness 	Dance 
	Dance 	Dance 	Dance 	Football 	Football 	Hockey 	Hockey 



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SUMMER TERM	Fundamental Movement: Agility & Reaction 	Fundamental Movement: Aim & Accuracy 	Fundamental Movement: Control & Accuracy 	Cricket 	Athletics 	Rounders 	Rounders 
	Yoga 	Yoga 	Yoga 	Athletics 	Tennis 	Cricket 	Tennis 
	Fundamental Movement: Running, Jumping & Throwing 	Athletics 	Athletics 	Rounders 	Cricket 	Tennis 	Athletics 
	Sports Day Practice 	Sports Day Practice 	Sports Day Practice 	Sports Day Practice 	Sports Day Practice 	Athletics 	Sports Leaders 