Long Term Sequence: Physical Education (2026 - 2027)

		Term 1		Term 2		Term 3	
		Half-Term 1	Half-Term 2	Half-Term 1	Half-Term 2	Half-Term 1	Half-Term 2
Year 1	Lesson 1	Fundamental Movement Skills Unit 1	Gymnastics (Floor)	Gymnastics (Apparatus)	Fundamental Movement Skills Unit 2	Invasion Games	Athletics & Sports Day Practice
	Lesson 2	Dance Activ8 Coaches AM	Ball Skills	Problem Solving & Team Building	Target Games	Net/Wall Games Activ8 Coaches PM	Strike, Field and Catch
Year 2	Lesson 1	Fundamental Movement Skills Unit 1	Gymnastics (Floor)	Fundamental Movement Skills Unit 2	Gymnastics (Apparatus) Activ8 Coaches PM	Invasion Games	Athletics & Sports Day Practice
	Lesson 2	Ball Skills	Dance	Problem Solving & Team Building	Target Games	Strike, Field and Catch Activ8 Coaches AM	Net/Wall Games (Hand Based)
Year 3	Lesson 1	Gymnastics (Apparatus) Activ8 Coaches AM	Dodgeball	Gymnastics (Floor)	Football	Tennis	Athletics & Sports Day Practice
	Lesson 2	Tag Rugby	Dance	Netball	Hockey	Rounders	OAA Activ8 Coaches PM
Year 4	Lesson 1	Gymnastics (Apparatus)	Dodgeball	Gymnastics (Floor) Activ8 Coaches PM	Football	Tennis	Athletics & Sports Day Practice
	Lesson 2	Tag Rugby	Swimming Swimstars and Dolphins	Netball	Hockey	OAA	Rounders
Year 5	Lesson 1	Swimming Swimstars and Dolphins	Gymnastics (Floor)	Football	Gymnastics (Apparatus) Activ8 Coaches AM	Tennis	Athletics & Sports Day Practice
	Lesson 2	Dodgeball	Basketball	Dance Activ8 Coaches AM	Netball	Cricket	Rounders
Year 6	Lesson 1	Basketball	Tag Rugby	Dodgeball	Football	Tennis	Athletics & Sports Day Practice
	Lesson 2	Dance	Gymnastics (Floor) Activ8 Coaches PM	Netball	Gymnastics (Apparatus)	Cricket	OAA Activ8 Coaches AM

Term 1B – Activ8 Coaches work with Reception Morning