

Whole School PE Long Term Plan 2025-26

Ballifield uses the Get Set for PE scheme of work and support from Forge SSP

Year Group	Autumn		Spring		Summer	
F1	F1 physical development is taught through fine and gross motor activity in the classroom during provision.					
F2	Introduction to PE	Fundamentals	Dance	Gymnastics	Ball Skills	Games
Year 1	Team Building Fundamentals	Fitness Gymnastics	Sending and Receiving Dance	Target Games Net and Wall Games	Invasion Games Ball Skills	Athletics Striking and Field
Year 2	Team building Fundamentals	Target Games Gymnastics	Sending and Receiving Dance	Yoga Net and Wall Games	Invasion Games Ball Skills	Athletics Striking and Field

Year 3	Fundamentals Tennis	Dance . OAA .	Ball Skills Gymnastics	Dodgeball Yoga .	Basketball Cricket	Athletics Rounders
Year 4	Hockey Tennis	Dance . Netball	Gymnastics Tag Rugby	Fitness Swimming .	Football Swimming	Athletics Swimming
Year 5	Hockey Fitness	Basketball Dance	Gymnastics Cycling (Bikeability) American Football	Yoga Fundamentals and Team Games Sheffield United Joy Of Moving	Volleyball . Cricket	Athletics OAA
Year 6	Tennis Netball	Football Dance	Gymnastics Badminton	Fitness American Football .	Basketball with Sheffield Sharks Tag Rugby .	Athletics Rounders Baseball MLB