



Hartford Infant and Preschool

Physical Education [PE] Long Term Plan 2025-2026



At HIPS we use the units of work from the GET SET 4 PE scheme of work.

	Reception	Year 1	Year 2
Autumn	<p>Autumn 1: Introduction to PE Unit 2: Everyday Life (6 weeks) Children will take part in activities which will develop fundamental movement skills such as running, jumping and skipping</p> <p>Autumn 2: Dance Unit 2: Places (6 weeks) Children explore space and how to use space safely. They explore travelling movements, shapes and balances and are given the opportunity to copy, repeat and remember actions.</p>	<p>Autumn 1: Fundamentals Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.</p> <p>Autumn 2: Dance Weather (3 Weeks) Pirates (3 Weeks) Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases.</p>	<p>Autumn 1: Fundamentals Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment</p> <p>Autumn 2: Dance: Secret Garden (3 Weeks) Circus (3 Weeks) Pupils explore space and how their body can move to express and idea, mood, character or feeling. They expand their knowledge of travelling actions and use them in relation to a stimulus.</p>
Spring	<p>Spring 1: Gym Unit 2: Jack and the Beanstalk (6 Weeks) Children explore basic movements, creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus</p> <p>Spring 2: Ball Skills Unit 2 : The weather (6 Weeks) Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball.</p>	<p>Spring 1:Gymnastics Pupils will explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement</p> <p>Spring 2: Ball Skills Pupils will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will work independently, in pairs and small groups</p>	<p>Spring 1: Gymnastics Pupils learn explore and develop basic gymnastic actions on the floor and using apparatus. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination.</p> <p>Spring 2: Net and Wall Pupils will develop the basic skills involved in net and wall games. They will develop their understanding of the principles of net and wall games such as using the ready position to defend their space and sending the ball away from an opponent to maximise their chances of scoring.</p>
Summer	<p>Summer 1: Fundamentals Unit 2: Moving through places and spaces Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment.</p> <p>Summer 2: Games Unit 2: Around the World (6 weeks) Children will also start to understand how to work as a team, take turns, keep the score, play against an opponent and play by the rules.</p>	<p>Summer 1: Striking and fielding Pupils learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against each other.</p> <p>Summer 2: Target Games Pupils will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the target.</p>	<p>Summer 1: Invasion Games Pupils develop their understanding of invasion games and the principles of defending and attacking. They use and develop skills such as sending and receiving with both feet and hands.</p> <p>Summer 2: Athletics Pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their score.</p>

Additional units of work available:

- Additional units from the scheme of work EG Yoga, Rainbow Games
- Sports day practice
- Forest School
- Participation in other Physical activities run by guest teachers eg Yoga / Multi-Skills
- Termly visit from external dance teachers