



Manor Drive

Physical Education Curriculum



**Get Set 4
Education**



Whole-school definition of Physical Education

Primary Physical Education (PE) is a crucial part of the school curriculum for children, designed to develop physical competence, confidence, and enjoyment in movement. It promotes not only physical health and fitness but also supports emotional well-being, social skills, and cognitive development. Through a variety of activities—such as games, gymnastics, dance, athletics, and outdoor pursuits—children learn key values like teamwork, perseverance, and fair play, building the foundations for a healthy and active lifestyle.

"Sport has the power to change lives. It can teach you so much about discipline, resilience, and teamwork."

Dame Jessica Ennis-Hill, Olympic Heptathlon Champion



Reception Physical Education Long Term Plan

Spring 1	Spring 2	Summer 1	Summer 2
Fundamentals – Unit 1	Gymnastics – Unit 1	Dance – Unit 1	Games – Unit 1

KS1 Physical Education Long Term Plan

Year One						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Fundamentals	Ball Skills	Sending & Receiving	Net & Wall	Striking & Fielding	Athletics
Indoor	Fitness	Gymnastics (lessons 1-6)	Dance (lessons 1-6)	Gymnastics (lessons 7-12)	Dance (lessons 7-12)	Yoga
Year Two						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Fundamentals	Ball Skills	Sending & Receiving	Net & Wall	Striking & Fielding	Athletics
Indoor	Fitness	Gymnastics (lessons 1-6)	Dance (lessons 1-6)	Gymnastics (lessons 7-12)	Dance (lessons 7-12)	Yoga



Year 3/4 Physical Education Long Term Plan

Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Tag Rugby	Netball	Hockey	Tennis	Rounders	Athletics
Indoor	Dance (lessons 1-6)	Gymnastics (lessons 1-6)	Dance (lessons 7-12)	Gymnastics (lessons 7-12)	Fitness	Yoga

Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Cricket	Basketball	Football	Tennis	Swimming	Athletics
Indoor	Dance (lessons 1-6)	Gymnastics (lessons 1-6)	Dance (lessons 7-12)	Gymnastics (lessons 7-12)	Fitness	Yoga



Year 5 Physical Education Long Term Plan

Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Rugby	Netball	Hockey	Tennis	Rounders	Athletics
Indoor	Dance (lessons 1-6)	Gymnastics (lessons 1-6)	Dance (lessons 7-12)	Gymnastics (lessons 7-12)	Fitness	Yoga

Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Cricket	Basketball	Football	Tennis	Swimming	Athletics
Indoor	Dance (lessons 1-6)	Gymnastics (lessons 1-6)	Dance (lessons 7-12)	Gymnastics (lessons 7-12)	Fitness	Yoga