

## St Mary's Church of England Academy **Physical Education** Long Term Overview **2025-2026**

Invictus Gam (mul	. ,		mn 2 /orld Cup									
(mul	ti-sports)	Rugby Vi	rona Gap	I World Aquatics	Spring 1 World Aquatics Championships		Spring 2 The Masters- golf		Summer 1 FA cup & Champions League - football		Summer 2 Wimbledon – Tennis	
	PAI	(multi-sports)		(swir	swimming) Six Nations - Rugby		1 A cup a Grampions Ecugue - Ioobbail		Willibledolf - Toffins			
	OPAL OPAL Whole School ParkRun 15th September Reception Production			OPAL OPAL Whole School Dance Performance in last week		PAL	OPAL School Games Day (including athletics finals, table tennis tournament, sport stacking event and cross country time)		OPAL Sports Day PEActive Week			
Inter Events  Virtual Cross Country - Years 1-6 Cross Country Y5/6  Football - U11 girls & boys - Y3/4 mixed Yr 5/6 Multi-Sports Festival Dance/Cheerleading - Years 1-4				Personal Challenge boards Sportshall Athletics - Years 3&4, 5&6 U11 Swimming Gala Rise Gymnastics - Years 1&2, 3&4 Basketball - Y5/6 Tag Rugby - Years 3&4 Virtual Dance Festival - Years 1-6				Virtual Challenge - Years 1-6 U11 Orienteering Multi-Sports Festival - Years 3&4 KS1 All Stars Cricket U11 Netball U11 Cricket Brandon Primary Schools Games U11 Quadkids Games				
Yoga Bugs Lesson plans Indoor		Dance Complete PE Nursery Rhymes [indoor]		Gymnastics Complete PE Moving High, low, under [indoor)		Locomotion Complete PE Walking and jumping (Include Playground Games) [outdoor]		Ball Skills Complete PE Hands 1 - throwing and catching [/outdoor]		Sports Day preparation  Ball Skills  Feet 1 Ball Skills/ Complete PE  [outdoor]		
Playground Games Lesson plans	Gymnastics Complete PE Wide, narrow, curled [indoor]	YogaBugs (indoors)	Dance Complete PE Heroes	Gymnastics Complete PE Body Parts [indoor]	Dance Growing	Ball Skills Complete PE Hands1 [outdoor]	Zero Bounds Round Nets Lesson Plans	Locomotion: Jumping Complete PE [outdoor]	Rackets - Bats and Balls	Ball skills Complete PE Feet 1 (outdoor)	Locomotion: Running Complete PE [outdoor]	
Ball skills Feet 1 Complete PE (outdoor)	Locomotion: Dodging [outdoor]	Gymnastics Linking [indoor]	Dance Complete PE Mr Candy's Sweet Factory	Gymnastics Pathways [indoor]	Dance Complete PE Explorers	Ball Skills Complete PE Hands 1 [outdoor]	Locomotion Jumping Complete PE [outdoor]	YogaBugs (indoors)	Ball Skills Hands 2 [outdoor]	Games for Understanding Complete PE Attacking & Defence [outdoor]	Ball Skills Racket Bat and Ball	
Invasion Football Complete PE [outdoor]	Gymnastics Complete PE Canon and Unison [indoor]	Team Building and Outdoor and Adventurous Complete PE Problem Solving	Dance Weather	Gymnastics Complete PE Symmetry and Asymmetry	Dance Wild Animals	Zero Bounds Round Nets Lesson Plans	Tri-golf [outdoor]	YogaBugs (indoor)	Invasion Complete PE Cricket [outdoor]	Net and Wall Tennis Complete PE [outdoor]	Athletics Complete PE [outdoor]	
Invasion Complete PE Football [outdoor]	Gymnastics Complete PE Bridges [indoor]	Gymnastics Complete PE Level and Direction [indoor]	Dance Complete PE Space	Swimming	Dance Complete PE Cats	Invasion Complete PE Netball (outdoor)I	Swimming	Team Building and Outdoor and Adventurous Complete PE Orienteering foutdoor	Invasion Complete PE Cricket [outdoor]	Net and wall Tennis Complete PE Out Door	Athletics Complete PE [outdoor	
Invasion Football Complete PE (outdoor)	Gymnastics Complete PE Counter balance & counter tension [indoors] Invasion	Complete PE Hockey [outdoors]	Dance Street Art	Gymnastics CompletePE Flight [indoor]	Dance Complete PE The Circus	Invasion Complete PE Netball [outdoor]	Invasion Complete PE HRE Indoor/Outdoor	Team Building and Outdoor and Adventurous Complete PE Communication and tactics	Invasion Complete PE Cricket [outdoor]	Striking and Fielding Rounders Complete PE [outdoor]	Athletics - competition Complete PE [outdoor]	
Invasion Football Complete PE (Outdoor)	Zero Bounds Round Nets Lesson Plans	Gymnastics Complete PE Creating Sequences [indoor]	Dance Complete PE Carnival	Gymnastics Complete PE matching & mirroring [indoor]	Dance Complete PE Prejudice and Discrimination	Invasion Netball Complete PE [outdoor]	Invasion Tag Complete PE [outdoor]	Invasion Hockey Complete PE [outdoor)	Invasion Complete PE Cricket [outdoor]	Striking and Fielding Rounders Complete PE [outdoor]	Athletics - Competition Complete PE [outdoor]	
	Playground Games Lesson plans  Ball skills Feet 1 Complete PE (outdoor)  Invasion Football Complete PE [outdoor]  Invasion Complete PE Football [outdoor]  Invasion Football Complete PE (outdoor)	Football - U11 girls Yr 5/6 Multi-S Dance/Cheerlea  Yoga Bugs Lesson plans Indoor  Playground Games Lesson plans Indoor  Ball skills Feet 1 Complete PE (outdoor)  Invasion Football Complete PE Canon and Unison [indoor]  Invasion Football Complete PE Canon and Unison [indoor]  Invasion Football Complete PE Canon and Unison [indoor]  Invasion Football Complete PE Counter belance & counter tension [indoors] Invasion Football Complete PE Counter balance & counter tension [indoors] Invasion Football Complete PE Counter balance & counter tension [indoors] Invasion Football Complete PE (outdoor)  Invasion Football Complete PE Lesson Plans (Outdoor)	Football - U11 girls & boys - Y3/4 mixed Yr 5/6 Multi-Sports Festival Dance/Cheerleading - Years 1-4  Yoga Bugs Lesson plans Lesson plans Indoor  Gymnastics Complete PE Lesson plans  Locomotion: Dodging Feet 1 Complete PE (outdoor)  Invasion Football Complete PE Canon and Unison [indoor]  Invasion Football Complete PE Football Complete PE Football Complete PE Counter balance & counter tension [indoors] Invasion Football Complete PE Complete PE Counter balance & counter tension [indoors] Invasion Football Complete PE	Football - U11 girls & boys - Y3/4 mixed Yr 5/6 Multi-Sports Festival Dance/Cheerleading - Years 1-4  Yoga Bugs Lesson plans Indoor  Playground Games Lesson plans  Complete PE Wide, narrow, curled [indoor]  Ball skills Feet 1 Complete PE (outdoor)  Invasion Football Complete PE Football Football Complete PE Football Football Complete PE Complete PE Complete PE Football Complete PE Counter balance & counter tension [indoors] Invasion Football Complete PE Comp	Football - U11 gins & boys - Y3/4 mixed Yr 5/6 Multi-Sports Festival Dancel'Cheerleading - Years 1-4  Yoga Bugs Lesson plans Indoor  Playground Games Lesson plans  Complete PE Wide, narrow, curled [indoor]  Ball skills Feet 1 Complete PE (outdoor)  Invasion Football Journastics Complete PE Canon and Unison [indoor]  Invasion Complete PE Football Journastics Complete PE Comple	Football - Util girls & boys - Y34 mixed Y 17 66 Multi-Soyrin Feathval Dance/Cheerleading - Years 1-4  Yoga Bugs Lesson plans Indoor  Playground Games Lesson plans  Complete PE Vide, narrow, curled [indoor]  Playground Games Lesson plans  Complete PE Vide, narrow, curled [indoor]  Dance Complete PE Herces  Wide, narrow, curled [indoor]  Ball skills Feet 1 Complete PE (outdoor)  Dodging Field 1 Complete PE Flight [indoor] Invasion Football Complete PE Complete PE Complete PE Complete PE Flight [indoor] Complete PE The Circus Complete PE The	Football - U11 girk 8 boys - Y34 mixed Y 15 Multi-Sport Festival Dance/Cheerleading - Years 1-4  Poga Bugs Lesson plans Indoor  Playground Games Lesson plans  Complete PE VogaBugs Wide, narrow, curied (indoor)  Playground Games Lesson plans  Complete PE Lesson plans  Complete PE (indoor)  Playground Games Lesson plans  U11 Swimming Gala Rise Gymnastics Complete PE Complete PE (indoor)  Playground Games Lesson plans  Vide, narrow, curied (indoor)  Undoors)  Wide, narrow, curied (indoors)  Indoor  Ball skalls Dodging Feet 1 Complete PE (indoor)  Linking Indoor)  Invasion Feet 1 Complete PE Complete PE Complete PE Complete PE (indoor)  Invasion Feet 1 Complete PE Complete	Football - U11 gink a boys - V34 mixed Y 156 blull-Sports Festival Dance/Cheerleading - Years 1-4  Poga Bugs Lesson plans Indoor  Playground Games Lesson plans Complete PE Nusey Phyres (indoor)  Playground Games Lesson plans Uccomotion (indoor)  Uccomotion	Forball - Ut gins & boys - Ys4 mixed Yn 96 Multi-Sports Featural Denoc-Deverleding - Years 1-4  Tag Supply - Years 342, 344 Tag Supply - Years 343 Tag Supply - Years 344 Tag Supply -	Football -Util griss botys -V34 miled Y-55 Muls-Sports Festion Disroz-Cherelrading - Years 1-4    Page Burg Lisson plans   Dance   Complete PE   Complete PE	Food of UT girk Aboys - 75th intend TY SIS Multi-South Featbal Direct Orient coding - 1909 1.4  Tag Rappy - 19	

\*Although you will have an indoor and outdoor space booked each week, weather and unit might mean that you are not using the specified space. Please use your professional judgement to decide if it would be more appropriate to use an outdoor area if you are booked for an indoor slot. We have made suggestions to guide you.

Colour key: Athletics Based Gymnastics Dance Games Team Building and Outdoor and Adventurous (OAA) Skipping Playground Games ZERO Bound Round nets Swimming Striking and Fielding YogaBugs Forest School

## **Additional Information**;

At St Mary's we predominantly use **Complete PE** to plan, teach and deliver PE lessons - <a href="https://www.portal.completepe.com/portal">https://www.portal.completepe.com/portal</a> - follow the links on the 24-25 Long Term Overview for the year.

In Early Years, Year 1, Year 2 and Year 3 we provide **YogaBugs** as an extracurricular activity - <a href="https://yogabugsvirtual.com/">https://yogabugsvirtual.com/</a>
In Year 1 we provide **Circus Skills** as an extracurricular activity - <a href="https://docs.google.com/document/d/1DKlq1sxBRMeAC71YteQOTPK2WMsrqZWr/edit">https://docs.google.com/document/d/1DKlq1sxBRMeAC71YteQOTPK2WMsrqZWr/edit</a>
In Year 1 we provide **Playground Games** as an extracurricular activity - <a href="https://docs.google.com/document/d/1WWdCfacRe2wg0Mj-UzCbmNDI0P8LWIG2/edit">https://docs.google.com/document/d/1WWdCfacRe2wg0Mj-UzCbmNDI0P8LWIG2/edit</a>
In Early Years, Year 2 and Year 4 Year we provide **Forest Schools** as an extracurricular activity -