



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

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Sport Inspirations	Invictus Games 9th-16th Sep (multi-sports)		Rugby World Cup		World Aquatics Championships (swimming)		The Masters- golf Six Nations - Rugby		FA cup & Champions League - football		Wimbledon – Tennis	
School Events	OPAL Whole School ParkRun 15th September		OPAL Reception Production		OPAL Whole School Dance Performance in last week		OPAL		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			
Reception (Can we get the other gymnastics unit in?)	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]	
1	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]
2	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
3	Invasion Football Complete PE [outdoor]	Gymnastics Complete PE Canon and Unison [indoor]	Team Building and Outdoor and Adventurous Complete PE Problem Solving [outdoor]	Dance Weather	Gymnastics Complete PE Symmetry and Asymmetry [indoor]	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]
4	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)	Swimming	Team Building and Outdoor and Adventurous Complete PE Orienteering [outdoor]	Invasion Complete PE Cricket [outdoor]	Net and wall Tennis Complete PE Out Door	Athletics Complete PE [outdoor]
5	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]
6	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]

*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 - <https://www.portal.completepe.com/portal> - 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 - <https://yogabugsvirtual.com/>

In Year 1 we provide **Circus Skills** as an extracurricular activity - <https://docs.google.com/document/d/1DKIq1sxBRMeAC71YteQOTPK2WMrqZWw/edit>

In Year 1 we provide **Playground Games** as an extracurricular activity - <https://docs.google.com/document/d/1WWdCfacRe2wg0Mj-UzCbmNDI0P8LWIG2/edit>

In Early Years, Year 2 and Year 4 Year we provide **Forest Schools** as an extracurricular activity -