Abbey Hey Primary Academy
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2026 - 2027 Long Term Plan PE

Term. Year group	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	**Throwing –** Rolling with both hands towards a target. **Kicking –** Using the foot to move the ball, kick and chase. Lessons delivered by City in the Community Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**		**Teambuilding** Learning to take turns, work collaboratively and lead each other. Using the local area and local area mapping Ambition, Confidence, Respect, Enthusiasm, Determination Curiosity, Civility, Respect	**Teambuilding** Developing key skills of communication and problem solving. Using the local area and local area mapping Ambition, Confidence, Respect, Enthusiasm, Determination Curiosity, Civility, Respect	**OAA** Develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. Using the local area and local area mapping Ambition, Confidence, Respect, Enthusiasm, Determination Curiosity, Civility, Respect	**OAA** Pupils develop communication skills, taking on the role of a leader and working within a team. Pupils develop navigation skills including orientating a map, identifying key symbols and drawing and following a route. Using the local area and local area mapping Ambition, Confidence, Respect, Enthusiasm, Determination Curiosity, Civility, Respect	**OAA** Encouraging the children to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Using the local area and local area mapping Ambition, Confidence, Respect, Enthusiasm, Determination Curiosity, Civility, Respect	**OAA** Leading a small group and learning to orientate and navigate using a map. Using the local area and local area mapping Ambition, Confidence, Respect, Enthusiasm, Determination Curiosity, Civility, Respect
Autumn 2	**Balancing –** Running to stop on 1 leg Lessons delivered by City in the Community Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**		**Dance:** Understanding why it is important to count to music and use this in their dances. Research British dance styles and styles taught locally Links with TDS Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination	**Dance:** Using counts of 8 consistently to keep in time with the music and a partner. Research British dance styles and styles taught locally Links with TDS Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination	**Dance:** Perform dances using a range of movement patterns. Research British dance styles and styles taught locally Links with TDS Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination	**Dance** Creating characters and narrative through movement and gesture. Research British dance styles and styles taught locally Links with TDS Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination	**Dance:** Creating and performing their work, and using correct dance terminology. Research British dance styles and styles taught locally Links with TDS Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination	**Dance:** Understanding the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances. Research British dance styles and styles taught locally Links with TDS

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		Curiosity, Civility, Respect	**Curiosity, Civility, Respect**	**Curiosity, Civility, Respect**	**Curiosity, Civility, Respect**	**Curiosity, Civility, Respect**	Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**
Spring 1	**Jumping –** Skipping with height and speed **Throwing –** Bouncing to the floor **Catching –** Catching a bouncing ball **Kicking –** Changing pace and then stopping the ball Lessons delivered by City in the Community Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Gymnastics:** Demonstrate basic skills of jumping, rolling, balancing and travelling individually and combination to create movement phrases. Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Gymnastics:** Using compositional devices when creating sequences to include the use of shapes, levels and directions. Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Gymnastics:** Sequencing work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Gymnastics** Developing inverted movements and use these skills to create more complex sequences. Use local swimming pool (East Manchester Leisure Centre) Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Gymnastics:** Exploring partner relationships such as canon and synchronization and matching and mirroring. Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Gymnastics:** Building trust when working collaboratively in larger groups, using formations to improve the aesthetics of your performances. Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**

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Spring 2	**Jumping –** Hopping with coordination to use both feet Lessons delivered by City in the Community Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination	**Striking and Fielding:** Learning skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. Watch videos of local teams demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Striking and Fielding:** Self-managing small sided games. Learning how to score points and play to the rules. Watch videos of local teams demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Cricket:** Develop an understanding of the different roles of bowler, wicket keeper, fielder and batter. Watch videos of local teams demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Cricket:** Think about how they use skills, strategies and tactics to outwit the opposition. Watch videos of local teams demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Cricket:** Work in collaboration with others, play fairly demonstrating an understanding of the rules. Watch videos of local teams demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Cricket:** Being respectful to the people they play with and against. Watch videos of local teams demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**
Summer 1	**Balancing – Balancing on 1 leg whilst holding an object** Lessons delivered by City in the Community Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Athletics:** Running at different speeds, changing direction, jumping and throwing. Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Athletics:** Engage in performing skills and measuring performance, competing to improve their own score against others. Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Athletics:** Setting challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena Ambition, Confidence, Respect, Enthusiasm, Determination	**Athletics:** Think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena Ambition, Confidence, Respect, Enthusiasm, Determination	**Athletics:** Running over longer distances, sprinting, relay, triple jump, shot put and javelin. Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Athletics:** Learning how to improve by identifying areas of strength as well as areas to develop. Leading when officiating as well as observing and providing feedback to others. Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena Ambition, Confidence,

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				Curiosity, Civility, Respect	**Curiosity, Civility, Respect**		Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**
Summer 2	**Developing Fundamental Movement Skills** Lessons delivered by City in the Community Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Invasion games: Football:** Sending, receiving and dribbling a ball. Watch videos of Manchester City/United demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Invasion games: Football:** Developing their understanding of attacking and defending and what being 'in possession' means. Watch videos of Manchester City/United demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Football:** Developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. Watch videos of Manchester City/United demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Swimming/Football:** Achieving their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. Learning to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Use local swimming pool (East Manchester Leisure Centre) Watch videos of Manchester City/United demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Football:** Improving defending and attacking play, developing further knowledge of the principles and tactics of each. Watch videos of Manchester City/United demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**	**Swimming/ Football:** Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres. Learning the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees. Use local swimming pool (East Manchester Leisure Centre) Watch videos of Manchester City/United demonstrating skills Ambition, Confidence, Respect, Enthusiasm, Determination **Curiosity, Civility, Respect**