

LONG TERM PLANNING CYCLE FOR PE FROM SEPTEMBER 2026 USING VAL SABIN SCHEME

Enstone Primary School Curriculum Rationale for Physical Education (PE)

At Enstone Primary School, we use the Val Sabin Scheme of Work to support the teaching of Physical Education across the school. The Val Sabin curriculum provides a carefully sequenced and progressive framework that ensures full coverage of the National Curriculum while enabling pupils to develop fundamental movement skills, physical competence and confidence in a wide range of physical activities. Through high-quality, inclusive lessons, pupils develop the knowledge, skills and understanding needed to lead healthy, active lifestyles while fostering enjoyment, teamwork and resilience.

Curriculum Intent

Our intent is to provide pupils with a broad, balanced and ambitious Physical Education curriculum that promotes physical competence, confidence and a lifelong enjoyment of being active. Through high-quality learning experiences, pupils develop fundamental movement skills, tactical awareness, coordination and fitness across a range of sports and physical activities. They learn the importance of teamwork, communication, perseverance and fair play, while also developing an understanding of how physical activity contributes to their physical and mental wellbeing. Learning is carefully sequenced so that pupils build progressively on prior knowledge and skills, enabling every child to achieve success and reach their full potential.

Curriculum Implementation

The Val Sabin Scheme of Work provides a coherent progression of knowledge and skills, ensuring that learning is carefully sequenced from Reception to Year 6. Lessons are designed to develop pupils' competence across all areas of the National Curriculum, including games, gymnastics, dance, athletics, outdoor and adventurous activities, and swimming where applicable. Pupils are given regular opportunities to practise, refine and apply their skills through individual, paired and team activities that promote cooperation, problem-solving and healthy competition. Teachers adapt and enrich the curriculum where appropriate, providing opportunities for pupils to participate in festivals, competitions and wider sporting experiences that enhance learning and encourage positive attitudes towards physical activity. Throughout all lessons, an emphasis is placed on inclusion, personal achievement and the development of resilience, ensuring that every pupil experiences success and enjoyment.

Curriculum Impact

Through this approach, pupils develop secure physical skills alongside the knowledge and understanding needed to participate confidently and safely in a wide range of physical activities. They become increasingly proficient in applying movement skills, tactics and strategies, while demonstrating teamwork, determination, leadership and respect for others. Pupils develop positive attitudes towards health, fitness and wellbeing, recognising the importance of leading active lifestyles. By the end of each key stage, pupils have developed the knowledge, understanding and skills required by the National Curriculum and are well prepared to continue participating in physical activity and sport throughout their education and beyond.

Reception (Annual Programme)

ANNUAL CYCLE					
AUTUMN TERM (1)	AUTUMN TERM (2)	SPRING TERM (3)	SPRING TERM (4)	SUMMER TERM (5)	SUMMER TERM (6)
 Gymnastics Introductory unit <i>Use of space, awareness of body, direction)</i>	 Dance VS Unit 1	 Gymnastics Unit A – Travelling Unit C – Travelling (weight transfer)	 Games VS Reception Unit 3 <i>Hoops & Quoits</i>	 Athletics Running, Jumping & Throwing	 Athletics Sports Day Preparation
 Games VS Reception Unit 1 <i>Beanbags</i>	 Games VS Reception Unit 2 <i>Ball Skills</i>	 Dance VS Unit 2	 Gymnastics Unit B Stretching and Curling	 Games VS Reception Unit 4 <i>Ropes, Bats & Balls</i>	 Outdoor & Adventurous Activities

This follows a natural progression through the Reception year:

- **Autumn** develops fundamental movement skills and confidence with equipment.
- **Spring** introduces expressive movement and early gymnastics.
- **Summer** develops athletics alongside outdoor learning when the weather is generally more favourable.

It also gives Reception children experience of **all six PE strands** over the year:

-  Fundamentals
-  Games
-  Dance
-  Gymnastics
-  Athletics
-  Outdoor & Adventurous Activities

From the EYFS Statutory Curriculum
PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT Most areas of PSED are developed through participation in the P.E. curriculum.
PHYSICAL DEVELOPMENT: Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
EXPRESSIVE ARTS AND DESIGN: Being Imaginative and Expressive Move in time with music

WINDRUSH CLASS – YEARS 1 AND 2

CYCLE A 2026-27					
AUTUMN TERM (1)	AUTUMN TERM (2)	SPRING TERM (3)	SPRING TERM (4)	SUMMER TERM (5)	SUMMER TERM (6)
○ Fundamentals Multi-skills	● Dance VS Year 2 Unit 1 <i>The Cat, Balloons, Reach for the Stars</i>	● Athletics VS Year 1 Unit 1	● Games VS Year 1 Unit 3 <i>Bat/Ball Skills and Games</i>	● Athletics VS Year 2 Unit 1	● Outdoor & Adventurous Activities VS Year 1 OAA
● Games VS Year 1 Unit 1 <i>Ball Skills and Games</i>	● Gymnastics VS Year 1 Unit F <i>Rocking & Rolling</i>	● Games VS Year 2 Unit 1 <i>Throwing and Catching</i>	● Gymnastics VS Year 2 Unit J <i>Turning, Spinning & Twisting</i>	● Dance VS Year 2 Unit 2 <i>Friends, Bubbles, Shadows</i>	● Games VS Year 2 Unit 3 <i>Dribbling, Kicking and Hitting</i>
CYCLE B 2027-28					
AUTUMN TERM (1)	AUTUMN TERM (2)	SPRING TERM (3)	SPRING TERM (4)	SUMMER TERM (5)	SUMMER TERM (6)
○ Fundamentals Multi-skills	● Dance VS Year 1 Unit 1 <i>Streamers, Conkers, Playing with a Ball</i>	● Athletics VS Year 1 Unit 2	● Games VS Year 1 Unit 4 <i>Developing Partnerwork</i>	● Athletics VS Year 2 Unit 2	● Outdoor & Adventurous Activities VS Year 2 OAA
● Games VS Year 1 Unit 2 <i>Throwing and Catching – Aiming Games</i>	● Gymnastics VS Year 1 Unit D <i>Flight – Bouncing, Jumping & Landing</i>	● Games VS Year 2 Unit 2 <i>Making up a game</i>	● Gymnastics VS Year 2 Unit I <i>Pathways, Straight, Zig Zag and Curving</i>	● Dance VS Year 1 Unit 2 <i>March, March, March Jack and the Beanstalk</i>	● Games VS Year 2 Unit 4 <i>Group Games and Inventing Rules</i>

CHERWELL CLASS – YEARS 3 AND 4

CYCLE A 2026-27					
AUTUMN TERM (1)	AUTUMN TERM (2)	SPRING TERM (3)	SPRING TERM (4)	SUMMER TERM (5)	SUMMER TERM (6)
 Swimming	 Games VS Year 3 Unit 1 <i>Ball Skills – Invasion Focus</i>	 Swimming	 Games VS Year 3 Unit 2 <i>Creative Games Making</i>	 Swimming	 Outdoor & Adventurous Activities <i>VS Year 4 or Enrich activities</i>
 Fundamentals / Fitness	 Dance VS Year 3 Unit 1 <i>Who Am I? The Language of Dance</i>	 Gymnastics VS Year 3 Unit N <i>Pathways</i>	 Gymnastics VS Year 4 Unit P <i>Balance</i>	 Athletics VS Year 3 Athletics <i>Units 1 and 2 (combined)</i>	 Games VS Year 4 Unit 4 <i>Striking/Fielding Games</i>
CYCLE B 2027-28					
AUTUMN TERM (1)	AUTUMN TERM (2)	SPRING TERM (3)	SPRING TERM (4)	SUMMER TERM (5)	SUMMER TERM (6)
 Swimming	 Games VS Year 4 Unit 1 <i>Net/Court/Wall games</i>	 Swimming	 Games VS Year 4 Unit 3 <i>Invasion Games</i>	 Swimming	 Outdoor & Adventurous Activities <i>VS Year 3 or Enrich activities</i>
 Fundamentals / Fitness	 Dance VS Year 4 Unit 1 <i>These Shoes are Made for Walking Giraffes Can't Dance Incognito</i>	 Gymnastics VS Year 3 Unit O <i>Travelling...</i>	 Gymnastics VS Year 4 Unit S <i>Rolling</i>	 Athletics VS Year 4 Athletics <i>Units 1 and 2 (combined)</i>	 Games VS Year 3 Unit 4 <i>Striking/Fielding Games</i>

EVENLODE CLASS – YEARS 5 AND 6

CYCLE A 2026-27					
AUTUMN TERM (1)	AUTUMN TERM (2)	SPRING TERM (3)	SPRING TERM (4)	SUMMER TERM (5)	SUMMER TERM (6)
● Games VS Year 5 Unit 1 <i>Net/Court/Wall games</i>	● Gymnastics VS Year 5 Unit T <i>Bridges</i>	● Dance VS Year 5 Unit 1 <i>Rubbish</i>	● Games VS Year 6 Unit 1 <i>Invasion Games (Implement and Kicking)</i>	● Athletics VS Year 5 Unit 1	● Outdoor & Adventurous Activities
○ Fitness / Fundamentals	● Games VS Year 5 Unit 2 <i>Invasion and Target (Ball Handling)</i>	● Gymnastics VS Year 5 Unit W <i>Spinning and Turning</i>	● Dance VS Year 5 Unit 2 <i>What a Card Word Power</i>	● Games VS Year 6 Unit 3 <i>Striking/Fielding Games</i>	● Athletics VS Year 5 Unit 2
CYCLE B 2027-28					
AUTUMN TERM (1)	AUTUMN TERM (2)	SPRING TERM (3)	SPRING TERM (4)	SUMMER TERM (5)	SUMMER TERM (6)
● Games VS Year 5 Unit 3 <i>Invasion Games (Implement and Kicking)</i>	● Gymnastics VS Year 6 Unit X <i>Matching, Mirroring and Contrasting</i>	● Dance VS Year 6 Unit 3 <i>The Rainforest Hunting in Unknown Territory</i>	● Games VS Year 6 Unit 2 <i>Net/Court/Wall Games</i>	● Athletics VS Year 6 Unit 1	● Outdoor & Adventurous Activities
○ Fitness / Fundamentals	● Games VS Year 6 Unit 4 <i>Invasion Games (Ball handling – Netball/Basketball/ Rugby)</i>	● Gymnastics VS Year 6 Unit Y <i>Synchronisation and Canon</i>	● Dance VS Year 6 Unit 4 <i>Flight from Danger</i>	● Games VS Year 5 Unit 4 <i>Striking/Fielding Games</i>	● Athletics VS Year 6 Unit 2
TOURNAMENTS TO BE AWARE OF AND PREPARE FOR IF POSSIBLE					
Football Boccia Cross Country	Netball Street Dance	Swimming Hockey		Tennis Rugby Athletics	Cricket Orienteering