

PE Long Term 2025 - 2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Play, move, explore	Move, match, magic	Explore, evade, escape	Search, steel, share	Crawl, climb, connect	Hands, feet, equipment
	Play, move, explore	Commando Joe Resilience Incy Wincy Spider Commando Joe Empathy Jack and Jill	Explore, evade, escape	Commando Joe Self Awareness If You're Happy and You Know It Commando Joe Positivity Humpty Dumpty	Crawl, climb, connect	Commando Joe Excellence Twinkle Twinkle Commando Joe Communication Three Blind Mice
Year 1	Agility, balance, coordination	Throw, prepare, catch	Jump, shape, create	Inspire, create, perform	Run, jump, throw	Target, control, combine
	Look, run, avoid	Commando Joe Hero/Heroine Traditional Tales Goldilocks 3 Pigs	Duel, win, lose	Commando Joe Adventurer Simba and Me	React, roll, retrieve	Commando Joe Explorer Steve Backshall
Year 2	Agility, balance, coordination	Throw, prepare, catch	Jump, shape, create	Inspire, create, perform	Run, jump, throw	Target, control, combine
	Look, run, avoid	Commando Joe Hero/Heroine The Queen	Duel, win, lose	Commando Joe Adventurer Pocahontas	React, roll, retrieve	Commando Joe Explorer Samuel Pepys

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Hands, feet, equipment	Strike, react, rally	Agility, balance, coordination	Duel, win, lose	Pass, position, patience	Run, jump, throw
	Inspire, create, perform	Commando Joe Hero/Heroine Ed Stafford	React, roll, retrieve	Commando Joe Adventurer Ernest Shackleton	Jump, shape, create	Commando Joe Explorer Nellie Bly
Year 4	Swimming				React, roll, retrieve	Run, jump, throw
	Hands, feet, equipment	Inspire, create, perform	Strike, react, rally	Symmetry, balance, travel	Throw, prepare, catch	Duel, win, lose
Year 5	Fair, share, dare	Inspire, create, perform	Lend, move, score	Symmetry, balance, travel	Aim, strike, retrieve	Run, jump, throw
	Evade, invade, capture	Commando Joe Hero/Heroine Sir Ranulph Fiennes	Watch, move, connect	Commando Joe Adventurer Tim Peake	Serve, set, slam	Commando Joe Explorer Spartacus
Year 6	Evade, invade, capture	Inspire, create, perform	Symmetry, balance, travel	Lend, move, score	Speed, distance, strength	Athletics
	Tag rugby	Commando Joe Hero/Heroine Nancy Wake	Handball	Commando Joe Adventurer Amelia Earhart	Explore, solve, challenge	Commando Joe Explorer Leif Erikson