



Physical Education Curriculum Overview 2025/2026

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Reception Hazel Class

Explore and develop competence across a range of physical literacy skills: balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.

Perform dances using simple movement patterns. Participate in a range of competitive mini team games.

Explain what staying safe in PE means and demonstrate how to do it. Work independently when given the opportunity, taking the initiative in their work. Persevere with tasks and learn from mistakes to improve. Develop an understanding of simple rules and tactics to apply in competitive team games.

Demonstrate how to work individually and with others by sharing equipment, resources and opportunities to participate. Identify and explain how to lead an active and healthy lifestyle. Manage and regulate emotions. Develop communication and language skills to help participate in games.

Dance – Nursery Rhymes
To perform a basic sequence of movements and be aware of people's feelings when giving feedback.

Pippa & Eddie – A Day on the farm
To develop fundamental movement skills through a day on a farm.

Dance – Circus
To create simple shapes, movements and travels to music.

Pippa & Eddie – Fantasy Fairy Tale
To develop fundamental movement skills through fantasy fairy tales.

Dance – Jungle
To develop themes through shape, movement and travel.

Pippa & Eddie - Pirates
To develop fundamental movement skills through a pirate story.

FMS - Transport
To travel in a variety of ways, perform rolls and climb equipment.

FMS – Jack and the beanstalk
To experiment with different ways of moving to use increasing control over an object by touching, pushing, patting, throwing, or catching and to move with control and co-ordination using a range of small and large equipment

FMS - Elmer
To make a range of shapes and to develop under arm throw, travel in space, climb through and over equipment and balance.

FMS – Castles
To develop skills of throwing under arm, rolling a ball, jumping and landing appropriately, performing a variety of gymnastic rolls and climbing up and down apparatus using alternate feet.

FMS – Rumble in the Jungle
To travel, roll and throw in a variety of ways.

FMS -Seaside
To perform a variety of rolls, balances, travels and show increasing control over pushing and patting an object.

Forest School
To develop body control and co-ordination and improve body strength and stamina.

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Y1 Willow Class	Explore and develop competence across a range of physical literacy skills: balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement. Perform dances using simple movement patterns. Participate in a range of competitive mini team games e.g. 1v1, 2v1, 2v2, 5v2 up to 5v5. Explain what staying safe in PE means and demonstrate how to do it. Work independently when given the opportunity, taking the initiative in their work. Persevere with tasks and learn from mistakes to improve. Develop an understanding of simple rules and tactics to apply in competitive team games. Demonstrate how to work individually and with others by sharing equipment, resources and opportunities to participate. Identify and explain how to lead an active and healthy lifestyle. Manage and regulate emotions. Develop communication and language skills to help participate in games.					
	Baseline Unit Lost and Found Bouncing a ball Catching a ball Core task – Rolling equipment	FMS – underarm throw To develop an underarm throw with accuracy and develop simple tactics.	Gymnastics – core activities 1 To develop rolls, jumps and travels and combine these to perform a sequence.	FMS – Rolling a ball To roll different equipment with increasing accuracy and to develop simple tactics in games.	Games -striking & fielding To develop an overarm throw, striking a ball, catching and using simple tactics.	Athletics – To develop throwing, jumping and running skills.
	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.

Y2 Maple Class	Explore and develop competence across a range of physical literacy skills: balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement. Perform dances using simple movement patterns. Participate in a range of competitive mini team games e.g. 1v1, 2v1, 2v2, 5v2 up to 5v5. Explain what staying safe in PE means and demonstrate how to do it. Work independently when given the opportunity, taking the initiative in their work. Persevere with tasks and learn from mistakes to improve. Develop an understanding of simple rules and tactics to apply in competitive team games. Demonstrate how to work individually and with others by sharing equipment, resources and opportunities to participate. Identify and explain how to lead an active and healthy lifestyle. Manage and regulate emotions. Develop communication and language skills to help participate in games.					
	Baseline Unit Lost and Found (Y2) FMS Roll, kick, catch and bounce a ball Over & underarm throw Run, jump, hop & skip	FMS – Overarm throw To develop an overarm throw with accuracy and develop simple tactics of attacking and defending.	Gymnastics – To develop a sequence including a variety of jumps, rolls and travels.	FMS – Underarm throw To demonstrate an underarm throw accurately, to hit a target and develop tactics in a simple game.	FMS – kicking unit To explore different ways of kicking and to develop accuracy and control.	Athletics – To develop throwing, jumping and running skills.
	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.	Forest School To develop body control and co-ordination and improve body strength and stamina.

Y3 Oak Class	Refine and master the range of physical literacy skills: balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement. Develop confidence through participating in a range of increasingly challenging games. Demonstrate good sportsmanship qualities, win, lose or draw. Work with fairness, honesty, integrity and respect for teammates, opponents and officials.		Perform increasingly complex gymnastic movements and routines with control and coordination. Develop the resilience to react positively to difficult situations and not give up easily.		Perform a range of survival skills: use a map and compass, build a shelter, compete in an orienteering trail, navigate unfamiliar and varying terrain. Apply the physical literacy skills required to actively participate and compete in a range of modified small-sided games. Identify, explain and learn to apply the principles of attacking and defending in small-sided games. Demonstrate good sportsmanship qualities, win, lose or draw. Work with fairness, honesty, integrity and respect for teammates, opponents and officials.	
	Invasion Games – Basketball To develop a range of passing and dribbling skills with some control and to develop tactics for attacking and defending.	Net & Wall – Core Task 1 To explore and consolidate different throwing actions, to consolidate catching skills, to develop movement skills and body position.	Gymnastics – Core Task 1 To create a sequence using balances and travels.	Invasion Games – On the Attack To demonstrate one handed passing with some control and to use simple tactics to outwit an opponent. Character.	Striking and Fielding – Cricket (Y3/4) To send, receive and strike a ball. To evaluate success and simple tactics.	Athletics (Y3/4) To develop throwing, jumping and running skills.
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Y4 Rowan Class	Refine and master the range of physical literacy skills: balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement. Develop confidence through participating in a range of increasingly challenging games. Demonstrate good sportsmanship qualities, win, lose or draw. Work with fairness, honesty, integrity and respect for teammates, opponents and officials.		Perform increasingly complex gymnastic movements and routines with control and coordination. Develop the resilience to react positively to difficult situations and not give up easily.	Perform a range of survival skills: use a map and compass, build a shelter, compete in an orienteering trail, navigate unfamiliar and varying terrain. Apply the physical literacy skills required to actively participate and compete in a range of modified small-sided games. Identify, explain and learn to apply the principles of attacking and defending in small-sided games. Demonstrate good sportsmanship qualities, win, lose or draw. Work with fairness, honesty, integrity and respect for teammates, opponents and officials.		
	Invasion Games Handball To develop a range of effective passes and to apply tactics when attacking and defending.	Net & Wall – Core Task 2 To explore and consolidate different throwing actions, to consolidate catching skills, to develop movement skills and body position.	Gymnastics To create a sequence using balances and travels.	Invasion games – Touch Ball To send and receive a ball in a game. To play traditional Roman games and to revise simple tactics in an invasion game.	Striking and Fielding Rounders To throw over and under arm with accuracy, strike and catch a ball, to develop tactics and evaluate success.	Athletics (Y3/4) To develop throwing, jumping and running skills.
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Y5

Beech Class

Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small-sided games and physical activities. Swim a minimum of 25 metres using a range of different strokes. Understand water safety, hazards and risks and perform self-rescue.

Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent decisions that influence a game.

Develop problem solving skills in a range of land based adventurous activities. Demonstrate character traits using role modelling.

Use a range of communication methods, styles and language appropriate to the context. Effectively manage own emotional intelligence, empathy, self-awareness, belief, growth mindset, support for others, discipline.

Develop strength, flexibility, control and balance through scootering and participating in different trails.

Compose and perform dances using a range of creative and imaginative movement patterns and sequences.

Develop self-esteem by developing own sense of worth and appreciation through positive contributions and participation in games and activities.

Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small-sided games and physical activities.

Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions. Utilise intrinsic and extrinsic motivating factors to maintain participation and performance.

Represent the school with pride, integrity, determination and excellence at festivals and competitions.

Use a range of communication methods, styles and language appropriate to the context.

Apply a range of physical literacy skills: balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.

Assess and analyse self and peer performance to provide and receive feedback to strive to achieve personal best.

Demonstrate how to effectively lead a group of peers in a range of activities.

Invasion Games Hockey

To develop skills of passing, dribbling and shooting and to apply tactics when attacking and defending.

Net and wall - Tennis

To demonstrate a forehand and backhand shot with some consistency. To demonstrate simple tactics within a game to score points.

Gymnastics (Y5/6)

To create a sequence using jumps, balances and travels.

Invasion Games Football

To develop dribbling, travelling and sending a ball, to develop shooting skills and develop tactics of attacking and defending.

Striking and fielding Cricket

To throw over arm with accuracy, strike and catch a ball.

To develop tactics and evaluate success.

Athletics (5/6)

To develop throwing, jumping and running skills.

Forest School

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Y6 Sycamore Class	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small-sided games and physical activities. Swim a minimum of 25 metres using a range of different strokes. Understand water safety, hazards and risks and perform self-rescue. Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent decisions that influence a game. Develop problem solving skills in a range of land based adventurous activities. Demonstrate character traits using role modelling. Use a range of communication methods, styles and language appropriate to the context. Effectively manage own emotional intelligence, empathy, self-awareness, belief, growth mindset, support for others, discipline.		Develop strength, flexibility, control and balance through scootering and participating in different trails. Compose and perform dances using a range of creative and imaginative movement patterns and sequences. Develop self-esteem by developing own sense of worth and appreciation through positive contributions and participation in games and activities.		Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small-sided games and physical activities. Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions. Utilise intrinsic and extrinsic motivating factors to maintain participation and performance. Represent the school with pride, integrity, determination and excellence at festivals and competitions. Use a range of communication methods, styles and language appropriate to the context.		Apply a range of physical literacy skills: balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement. Assess and analyse self and peer performance to provide and receive feedback to strive to achieve personal best. Demonstrate how to effectively lead a group of peers in a range of activities.	
	Invasion Games Rugby To develop the skill of running, passing and catching a rugby ball and be able to score a try. To apply the basic strategic and tactical principles of attack and to evaluate their own and others.	Net & Wall Tennis To develop the skills of forehand and backhand, to direct the ball and to demonstrate simple tactics in a net type game.	Gymnastics To create a sequence using jumps, counterbalances, counter tension and travels.	Invasion Games Hockey To develop skills of passing, dribbling and shooting and to apply tactics when attacking and defending.	Striking and fielding Rounders To throw over and under arm with accuracy, strike and catch a ball, to develop tactics and evaluate success.	Athletics (5/6) To develop throwing, jumping and running skills in isolation and in sequences.		
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Psychomotor (physical) Cognitive (mental & psychological) Affective (social & emotional)