

PE Overview 2025-2026

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	<u>Introduction to PE</u> Taught to move safely and sensibly in a space with consideration of others. Stopping with control. Use equipment safely and responsibly. Use different travelling actions whilst following a path. Work with others co-operatively and play as a group. Follow, copy and lead a partner.	<u>Dance</u> Explore different body parts and how they move. Remember and repeat actions. Express and communicate ideas through movement, exploring directions and levels. Create movements and adapt and perform simple dance patterns. Copy and repeat actions showing confidence and imagination. Move with control and co-ordination, linking, copying and repeating actions.	<u>Fundamentals</u> Develop balance whilst stationary and on the move. Develop running and stopping. Develop changing direction. Develop jumping and landing. Develop hopping and landing with control. Explore different ways to travel.	<u>Ball Skills</u> Develop rolling a ball to a target. Develop stopping a rolling ball. Develop accuracy when throwing to a target. Develop bouncing and catching a ball. Develop dribbling a ball with your feet. Develop kicking a ball.	<u>Games</u> To work safely and develop running and stopping. Develop throwing and learn how to keep score. Play games showing an understanding of the different roles within it. Follow instructions and move safely. Work co-operatively and learn to take turns. Work with others to play team games.	<u>Gymnastics</u> To aim when throwing and practise keeping score. Follow instructions and move safely when play tagging games. Learn to play against a partner. Develop co-ordination and play by the rules. Explore striking a ball and keeping score. Work co-operatively as a team.
			Swimming	Swimming	Swimming	Swimming
Year 1	<u>Athletics</u> Move at different speeds over varying distances. Develop balance.	<u>Dance</u> Use counts of 8 to move in time and make my dance look interesting.	<u>Gymnastics</u> Explore travelling movements.	<u>Invasion Games</u> Understand the role of defenders and attackers.	<u>Target Games</u> Develop underarm throwing towards a target.	<u>Sending & Receiving</u> Develop rolling and throwing a ball towards a target.

	Develop changing direction quickly.	Explore pathways in my dance.	Develop and combine travelling movements.	Recognise who to pass to and why.	Develop throwing for accuracy.	Develop receiving a rolling ball and tracking skills.
	Explore hopping, jumping and leaping for distance.	Create my own dance using actions, pathways and counts.	Develop quality when performing and linking shapes.	Move towards a goal with the ball.	Develop underarm and overarm throwing at a target.	Be able to send and receive a ball with your feet.
	Develop throwing for distance.	Explore speeds and actions in our pirate inspired dance.	Develop stability and control when performing balances.	Support a teammate when playing in attack.	Develop throwing for accuracy and distance using underarm and overarm.	Develop throwing and catching skills over a short distance.
	Develop throwing for accuracy.	Copy, remember and repeat actions that represent the theme.	Develop technique and control when performing shape jumps.	Move into space showing an awareness of defenders.	Select the correct throw for the target.	Develop throwing and catching over a longer distance.
		Copy, repeat, create and perform actions that represent the theme.	Develop technique in the barrel, straight and forward roll.	Stay with a player when defending.	Develop throwing for accuracy and distance.	Apply sending and receiving skills to small games.
		Explore speeds and actions.	Link gymnastic actions to create a sequence.			
		Use expression and create actions that relate to the story.	Develop quality in gymnastics sequences.			
		Use a pathway when travelling.				
		Explore and copy actions in response to a theme.				
		Explore pathways with my partner.				

	<u>Swimming</u>	<u>Swimming</u>	<u>Swimming</u>	<u>Swimming</u>	<u>Swimming</u>	<u>Swimming</u>
Year 2	<u>Athletics</u> Develop the sprinting action. Develop jumping for distance. Develop jumping for height. Develop throwing for distance. Develop throwing for accuracy. Select and apply knowledge and technique in an athletics carousel.	<u>Dance</u> Remember, repeat and link actions to tell the story of my dance. Develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help you stay in time with the music. Copy, remember and repeat actions using facial expressions to show different characters. Explore pathways and levels. Remember and rehearse, showing expression and character. Remember and repeat actions and dance as a group.	<u>Gymnastics</u> Perform gymnastic shapes and link them together. Perform gymnastics shapes with control and link them together. Use shapes to create balances. Link travelling actions and balances using apparatus. Develop travelling actions and balances using apparatus. Demonstrate different shapes, take-off and landing when performing jumps. Develop different shapes, take-off and landing when performing jumps. Develop and refine rolling and sequence building.	<u>Net & Wall Games</u> Use the ready position to defend space on court. Develop returning a ball with hands. Play against a partner. Develop racket skills and use them to return a ball. Develop returning a ball using a racket. Play against an opponent using a racket.	<u>Target Games</u> Consider how much power to apply when aiming at a target. Understand how to score using overarm and underarm throwing. Develop striking a target. Develop hitting a moving target. Select and apply the appropriate skill to the target game. Show an improvement in my personal best,	<u>Striking & Fielding</u> Track a rolling ball and collect it. Develop underarm throwing and catching to field a ball. Develop overarm throwing to limit a batter's score. Develop hitting for distance to score more points. To be able to get the batter out. Understand the rules of the game and use these to play fairly.

			Create a sequence using apparatus.			
	Swimming	Swimming	Swimming			Swimming
Year 3	Fundamentals Develop balance and apply it to other fundamental movement skills. Understand how the body moves differently and different speeds. Develop technique when changing speed. Develop agility using a change of speed and direction. Develop technique and control when jumping, hopping and landing. Apply fundamental skills to a variety of games.	Dance Create actions in response to a stimulus and move in unison with a partner. Create actions to move in contact with a partner or interact with a partner. Select and link appropriate actions and dynamics to show our dance idea. Remember, repeat and create actions to represent an idea. Share ideas of actions and dynamics to create a dance that shows a location. Use choreographing ideas to develop our dance. Use straight pathways and clear changes in direction in a line dance.	Gymnastics Create interesting point and patch balances. Develop point and patch balances on apparatus. Develop stepping into shape jumps with control and using apparatus. Develop the straight, barrel and forward roll. Include them in a sequence using apparatus. Transition smoothly in and out of balances with and without apparatus. Create a sequence with matching and contrasting shapes and actions, on and off apparatus. Create a partner sequence using the skills I have learnt and	Tennis Develop racket and ball control. Explore rallying using forehand. Explore returning the ball using a forehand. Explore returning the ball using a backhand. Learn how to score and use simple rules. Work co-operatively with others to begin to manage a game.	Football Understand the role of an attacker when in possession. Develop movement skills to lose a defender and move into a space. Understand that scoring goals is an attacking skills and learn how to do this. Understand the role of a defender. Apply tactics to small sided games. Apply skills and knowledge to play games using football rules.	OAA Develop co-operation and teamwork skills. Develop trust and teamwork. Involve all team members to work towards a shared goal. Develop trust whilst listening to others and following instructions. Identify objects, draw and follow a simple map. Draw a route using directions, orientate a map and navigate around a grid.

		Use canon and unison to make our line dance look interesting. Remember, repeat and create actions around a theme. Understand and use formations. Structure a dance to represent a theme.	including a hoop and apparatus.			
	<u>Swimming or Ball skills</u> Develop dribbling skills with hands and feet. Develop tracking and catching skills. Develop tracking and throwing skills. Develop tracking and kicking skills. Track a ball that is not sent directly to me. Apply sending and receiving skills in games.		<u>Swimming or Netball</u> Understand the role of an attacker when in possession. Develop movement skills to lose a defender. Understand that scoring goals is an attacker skill and learn how to do this. Understand the role of the defender. Remember that intercepting is a defending skill and explore ways to do this. Apply skills and knowledge to play games using netball rules.		<u>Swimming or Athletics</u> Develop the sprinting technique and improve on your personal best. Develop changeover technique in relay events. Develop jumping technique in a range of approaches and take off positions. Develop throwing for distance and accuracy. Develop throwing for distance in a pull throw. Develop officiating and performing skills.	
Year 4	<u>Tag Rugby</u> Develop throwing, catching and running with a ball. Develop an understanding of how to	<u>Gymnastics</u> To develop individual and partner balances, with and without apparatus.	<u>Dance</u> Copy and create actions in response to an idea and be able to adapt this using changes of space.	<u>Tennis</u> Develop racket and ball control. Develop returning the ball using a forehand and understand when to use it.	<u>Hockey</u> Develop sending and receiving the ball with accuracy and control. Develop the attacking skill of dribbling.	<u>Football</u> Develop attacking skills and maintain possession. Develop changing direction and speed when attacking.

	defend using tagging rules. Begin to use the 'forward pass' and 'offside' rule. Develop movement skills to dodge the defender. Track an opponent and begin to defend as a team. Apply the rules and skills you have learnt and play in a tag rugby tournament.	Develop control in performing and landing rotation jumps. Develop rotation jumps and sequence building using apparatus. Develop and assess the straight, barrel, forward and straddle roll. Link actions that flow using the rolls I have learnt individually and with a partner. Develop strength in inverted movements. Create a great partner sequence to include the skills I have learnt and apparatus.	Choose actions which relate to the theme. Develop a dance using matching and mirroring. Learn and create dances in the theme of a carnival. Develop a carnival dance using formations, canon and unison. Develop a dance phrase and perform as part of a class performance. Understand and use dynamics, space and relationships to represent a state of matter. Order and structure phrases to create a dance performance. Copy and repeat a set phrase in a 1960s style showing energy and rhythm. Learn and perform a partner dance in 1960s style.	Develop the backhand and understand when to use it. Keep a continuous rally going showing increased technique. Use and apply rules and simple tactics. Understand and use rules to manage a game.	Develop dribbling to beat a defender. Use defending skills to delay an opponent and gain possession. Apply attacking skills to move towards a goal and find space. Apply skills and knowledge to compete in a tournament.	Begin to recognise when to use different attacking skills. Apply attacking skills to move towards a goal. Use defending skills to delay an opponent and gain possession. Apply skills and knowledge to compete in a tournament.

			Develop my own 1960s inspired dance using changes in relationships.			
	<u>Swimming or OAA</u> Develop co-operation and teamwork skills. Orientate a map and navigate around a grid. Develop observational skills, listening to others and following instructions. Develop trust whilst listening to others and following instructions. Identify, draw and follow a simple map. Orientate and navigate around a map and draw a route using directions.		<u>Swimming or Basketball</u> Develop attacking skills to move towards a goal. Develop passing and moving and play within the rules of the game. Develop movement skills to lose a defender and move into space. Develop defending skills to delay an attacker and gain possession. Use space effectively to create shooting opportunities. Apply skills and knowledge to play games using basketball rules.		<u>Swimming or Athletics</u> Develop stamina and an understanding of speed and pace in relation to distance. Develop power and speed in sprinting technique. Develop technique when jumping for distance. Develop power and technique when throwing for distance. Develop a pull throw for distance and accuracy. Develop officiating and performing skills.	
Year 5	<u>Netball</u> Explore different passes and apply them to different situations. Develop movement skills to lose a defender in different situations. Communicate with my team, move into space and take the ball towards a goal.	<u>Dance</u> Create a dance using a random structure and perform the actions showing quality and control. Understand how changing dynamics changes the appearance of the performance. Understand and use relationships and space	<u>Gymnastics</u> Perform symmetrical and asymmetrical balances on and off apparatus. Develop the straight, forward, straddle and backward role and put into a sequence. Explore different travelling actions using both canon and	<u>OAA</u> Develop communication and negotiation skills. Develop strong communication and negotiation skills to solve challenges. Develop planning and problem-solving skills.	<u>Rounders</u> Develop throwing and catching and apply them relevantly to the situation. Develop bowling accuracy and perform he skill within the rules of the game. Develop batting skills, identify when I am successful and what I	<u>Badminton</u> Use the serve with consideration of attacking principles. Explore an underarm return with consideration of attacking principles. Explore an underarm return with consideration of attacking principles.

	Defend an opponent and know when to try and intercept. Develop the shooting action under pressure. Use and apply skills, principles and tactics to a game situation.	to change how a performance looks. Copy and repeat movements in the style of rock 'n roll. Work with a partner to copy and repeat actions in time with the music. Work collaboratively with a group to choreograph a dance in the style of Rock 'n Roll. Develop set choreography inspired by a Mayan God. Choose actions to create a motif in a given character with consideration of dynamics, space and relationships. Structure and choreograph a dance performance. Use matching, canon and unison in the style of the lion dance.	synchronisation, linking actions. Perform progressions of inverted movements. Explore matching and mirroring in sequenced work, on both the floor and apparatus. Create a partner sequence using apparatus. Create a group sequence using apparatus.	Share ideas and work as a team to solve problems. Develop navigation skills and map reading. Create and follow a key and route on a map.	need to do to improve. Develop fielding techniques and begin to use these under pressure. Understand the need for tactics and identify when to use them. Apply skills and knowledge to compete in a tournament. Using tactics identified.	Explore the overhead forehand with consideration of attacking principles. Select and apply skills and tactics to play competitively. Apply rules, skills and tactics to play in a tournament.
	<u>Hockey</u>			<u>Rugby</u>	<u>Swimming or Athletics</u>	<u>Fitness</u>

	Use attacking skills to beat a defender. Send and receive under pressure. Communicate with my team, move into space and take the ball towards the goal. Learn defensive techniques to gain possession. Apply rules, skills and principles to play in a tournament.			Apply attacking skills to a game situation. Make decisions and understand when to pass and when to run with the ball. Apply attacking skills effectively within rules. Work as a team to delay opponents and stop the opposition from scoring. Apply attacking skills to create space and beat a defender. Apply rules and skills to take part in competitive games.	Understand pace and apply different speeds over varying distances. Develop fluency and co-ordination when running for speed. Develop technique in relay changeovers. Build momentum and power in the triple jump. Develop throwing with force for longer distances. Develop throwing with greater control and technique.	Understand how speed helps me in other activities and apply this. Understand how strength helps me in other activities and apply this. Understand how agility helps me in other activities and apply this. Understand how balance helps me in other activities and apply this. Understand how co-ordination helps me in other activities and apply this. Understand how stamina helps me in other activities and apply this.
Year 6	<u>Tag Rugby</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Netball</u>	<u>Athletics</u>	<u>Rounders</u>
	Select the appropriate skill, choosing when to run and when to pass.	Develop the straddle, forward and backward roll.	Copy and repeat a dance phrase showing confidence in movements.	Develop passing and moving to maintain possession.	Develop my own and others sprinting technique.	Develop throwing and catching under pressure and apply these to a striking and fielding game.

	Move into space to support a teammate abiding by the rules.	Develop rolling into sequence work and on apparatus.	Work with others to explore and develop the dance idea.	Use a variety of attacking skills to lose a defender.	Identify a suitable pace for the event.	Develop bowling under pressure whilst abiding by the rules of the game.
	Use defending skills to gain possession.	Develop counter balance and counter tension.	Use changes in dynamics in response to stimulus.	Move into and create space to support a teammate.	Develop power, control and technique for the triple jump.	Strike a bowled ball with increased consistency.
	Work as a defending unit to prevent attackers from scoring.	Develop counter balance and counter tension into sequence work with apparatus.	Demonstrate a sense of rhythm and energy when performing bhangra style motifs.	Use defending skills to gain possession.	Develop power, control and technique when throwing for distance.	Develop fielding techniques and select the appropriate action for the situation.
	Use a variety of attacking skills to beat a defender.	Develop jumps and explore the effect of height.	Perform a bhangra dance, showing an awareness of timing, formations and directions.	Develop accuracy in the shooting action under pressure.	Develop throwing with force and accuracy for longer distances.	Understand and apply tactics in a game.
	Apply rules, skills and tactics learnt to play in a tag rugby tournament.	Explore jump sequence work with consideration of performance tools.	Select, order, structure and perform movements in bhangra style, showing various group formations.	Use and apply skills, principles and tactics to a game situation.	Work collaboratively in a team to develop the officiating skills of measuring, timing and recording.	Apply skills and knowledge to complete a game.
		Develop inverted movements with control.				
		Use flight from hands to travel over apparatus.	Develop a dance phrase using actions, dynamics, space and relationships.			
		Create a group sequence using formations and apparatus.	Copy and create actions with consideration to stimulus.			
		Create a contrasting group sequence using	Copy and repeat actions with consideration to stimulus.			

		formations and apparatus.	Use choreographic devices to improve the aesthetics of a performance. Copy and repeat a phrase of movement in the 1970s disco style. Choreograph a freeze frame montage in the 1970s style. Use feedback to develop and refine a 1970s dance performance.			
	<u>Basketball or Swimming</u> Dribble with control under pressure. Move into and create space to support a teammate. Choose when to pass and when to dribble. Use the appropriate defensive technique for the situation. Develop shooting technique and make			<u>Fitness</u> Develop an awareness of what your body is able to do. Develop speed and stamina. Develop strength using my own body weight. Develop co-ordination. Develop agility.	<u>Tennis</u> Develop placement of the ball using a forehand. Develop placement of the ball using a backhand groundstroke. Develop the volley and understand when to use it. Employ tactics when playing with a partner.	<u>Football</u> Maintain possession when dribbling. Dribble with control under pressure. Select the appropriate skill, choosing when to pass and when to dribble. Move into and create space to support a teammate.

	decisions about when to pass, dribble or shoot. Apply principles, rules and tactics to a tournament.			Develop balancing with control.	Develop accuracy and consistency using the underarm serve. Apply rules, skills and principles to play against an opponent.	Use the appropriate defensive technique for the situation. Apply rules, skills and principles to play in a tournament.
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