

PE: Whole school overview



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fine motor skills Running, threading, picking-up, carrying and putting down.	Dance (Nursery Rhymes) Using the body to express simple theme related shapes, movements and feelings	Gymnastics Parts high and parts low	A visit to the zoo Fundamental skills and movement	Locomotion 1 Balancing and travelling	Personal challenges Mirroring, dodging, jumping, galloping
Reception	Fundamental movement skills 1 Balancing and jumping	Dance (Seasons) Turn images into ways of moving and travel safely and creatively in space	Gymnastics Rocking and rolling	An adventure with the Emergency Services Fundamental skills and movement	Locomotion 2 Traveling by skipping, jumping, dodging and galloping	Invasion Games Skills 1 Throwing – underarm, accuracy and tactics
Year 1	Fundamental movement skills 2 Balancing, catching, throwing and using space.	Gymnastics Linked sequences using the 5 basic balances	Dance (Animals) Remember and perform a simple sequence of movements	Object Control Rolling, dribbling, kicking and striking a ball.	Striking and fielding Progressing fundamental throwing, striking, tactical play and teamwork skills	Target Games Progressing control, accuracy and decision-making in games
Year 2	Invasion Games Skills Strengthening evasion skills, effective passing and early tactical awareness.	Gymnastics Linked sequences incorporating intermediate balances and travel	Dance (Fire of London) Understanding how to control speed to move safely	Striking and Fielding Games Striking a ball with a bat into space and bowling underarm	Athletics Building focus, coordination and athletic skills to improve height, distance and accuracy	Net and Wall Games Progressing accuracy, grip, stance and tactical movement to strike and return balls confidently
Year 3	Dodgeball Strengthening game awareness, decisive attacking, peripheral awareness and effective team strategy	Gymnastics Coordinated partner or group work to create collaborative sequences with smooth, purposeful transitions	Dance (Romans) Building expressive travelling movements, clear motifs and the ability to communicate ideas in pairs and groups	Orienteering building fundamental teamwork, communication and basic navigation skills	Athletics Learning core sprint, jump and throw techniques with increasing control	Invasion games Moving into space, shielding the ball and closing down opponents.
Year 4	Flag Football Running sharp lines, dodging defenders and passing with accuracy in competitive play	Gymnastics Creating smooth paired sequences with control, coordination and safe use of apparatus.	Dance (Egyptians) Creating expressive motifs using formations, levels and direction to improve and develop group ideas	Tennis Moving into strong court positions to strike controlled shots and outplay an opponent	Orienteering develop map-reading, navigation and strategic planning skills within outdoor challenges	Athletics Refining technique for greater power, consistency and competitive performance.
Year 5	Hockey Developing safe stick control, accurate passing and effective teamwork to attack and defend	Gymnastics Creating controlled group sequences using balances, transitions, jumps and safe apparatus work	Dance (Haka) Developing expressive motifs as a group and showing control through travelling movements	Cricket Building accurate bowling and confident fielding through effective decisions, teamwork and control.	Athletics Developing controlled pace, accurate throws and consistent jump technique	Orienteering map-reading, route planning and efficient navigation on more complex routes
Year 6	Basketball Creating space, protecting the ball and using tactical team play to attack	Gymnastics Performing expressive, controlled group sequences with safe use of apparatus and smooth transitions	Dance (WW2) Refining motifs through formations, levels and direction to create expressive, well-structured group sequences	Danish Longball Reading the game, finding space and making effective tactical decisions under pressure	Athletics Advancing power, efficiency and event-specific technique across runs, jumps and throws	Orienteering independent orienteering with advanced map-skills and refined strategic decision-making