

P.E Overview 2025-2026.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Locomotion 1 Negotiate space safely whilst changing direction.	Locomotion 2 Travel with confidence and skill around, under, over and through.	Net and Wall Send a ball with some degree of accuracy.	Gymnastics Balancing on points and patches with stillness and control. Explore different traveling movements and shapes.	Striking & Fielding Games 1 Chase, retrieve, and return balls with some accuracy.	Athletics 1 Moving freely with pleasure and confidence in a range of ways
Reception	Fundamentals Movement Skills 1 Demonstrate basic agility, balance and co-ordination.	Fine Motor Skills 1 Grasp, carry, and manipulate objects.	Stability 2 (Static & Dynamic Balance) Maintain balance whilst twisting, bending and reaching.	Target Games 1 Roll, throw and receive with some degree of accuracy.	Invasion Games Skills 1 Grow in confidence by attempting new activities	Dance - Jungle Use my body to make theme related shapes, movements, and actions.
Year One	Fundamental Movement Skills 1 Grow by working together in a team.	Fundamental Movement Skills 2 Grow in confidence whilst improving my A, B, C – Agility, balance and coordination.	Fundamental Movement Skills 3 Dodging - changing direction and changing speed.	Invasion Games Skills 1 Throwing accurately at a target with power and precision.	Invasion Games Skills 2 Understand basic principles of attacking and defending.	Athletics 2 Jumping in a variety of ways landing and retaining balance.
Year One	Gymnastics Balancing and spinning on Points & Patches	Gymnastics – Wide, narrow, and curled rolling & balancing	Target Games 2 Throwing underarm to a target with some degree of accuracy.	Net & Wall Game skills 1 Move quickly to take up good positions on a court.	Striking & Fielding Game skills 1 Developing fielding techniques and bowling with a degree of accuracy.	Striking & Fielding Game Skills 2 Develop the technique of how to strike a ball.

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Year Two	Fundamental Movement Skills 2 Improving hand eye coordination.	Fundamental Movement Skill 3 Develop coordination to dribble a ball with either hand and feet.	Invasion Games Skill 2 Apply attacking and defending skills in game-based situations.	Net & Wall Game Skills 2 Developing the ability to send and receive a ball over a net consistently.	Striking & Fielding Game Skills 2 Developing fielding techniques such as long barrier, scooping and throwing overarm.	Tri – Golf Gripping a golf club with the correct technique and adopt a stance to strike a ball.
Year Two	Gymnastics Pathways straight, zig-zag and curving	Gymnastics Stretching, curling & arching	Target Games 2 Rolling, kicking and throwing to a target with some degree of accuracy.	Target Games 3 Using different speeds and power when sending an object toward a target.	Dance Pirates Use my body to express theme related shapes movements and feelings.	Athletics 2 Sprinting through the gears. Throwing and jumping for distance.
Year Three	Gymnastics Hold balances with good control and posture, find ways to link moves together.	Badminton Assume a position of readiness and grip a racket with the correct technique.	Netball Send and receive a ball in a variety of ways and understand basic footwork.	Football Demonstrate turning with a football to change direction and evade a defender.	Cricket Explore different fielding techniques to field successfully.	Athletic Jumping and throwing for distance, sprinting through the gears.
Year Three	Tag Rugby Dodging to avoid being tagged by the opposition.	Basketball Using close control with either hand when dribbling and being aware of my environment.	Health Related Fitness Understand why a warm up and cool down is important.	Rounders Develop basic batting and bowling skills.	Tennis Practice hitting forehand and backhand returns consistently.	OAA Map reading and co-ordinates.

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Year Four	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year Four	Gymnastics Rolling and travelling low.	Netball Perfecting footwork, landing, and take off.	Tag Rugby Pocket passing with accuracy and being able to receive the ball under pressure.	Cricket Demonstrate bowling with the correct technique and with consistency.	Rounders Develop communication skills and making good decisions about when to run.	Tennis Judging the bounce/flight of the ball and positioning my body to return.
Year Five	Gymnastics Creating fluent sequences with elements of canon and unison.	Gymnastics Demonstrate fluent routines involving mirroring and contrasting.	Health Related Fitness Perform a variety of exercises demonstrating good form and technique.	Cricket Backing up my fellow fielders and recognising when to take a wicket.	Rounders Batting with accuracy and into space, and bowling at a consistent height.	Athletics Sprinting through the gears and understanding the importance of a smooth baton transfer.
Year Five	Netball Applying attacking and defensive principles. Decide on some tactics as a team.	Tag Rugby Safely and consistently take the tag of my opponents to stifle their attack.	Football Dribbling with close control and at different tempos to keep the ball away from the defenders.	Handball Anticipate play and shoot with power and accuracy.	Tennis Practice hitting forehand and backhand returns consistently.	Dance - WW2 Create a 64-count motif focusing on good timing and performing in unison.
Year Six	Gymnastics Perform group sequences with formation, different pathways, and levels	Basketball Understanding the importance of communication with team mates.	Dance – The Victorians Create a 64-count motif focusing on good timing and performing in unison.	Cricket Master the correct bowling technique to restrict the scoring opportunities of the opposition.	Tennis Learn the tennis scoring system and be competent at linking different shots together.	Football Combining skills to keep possession of the ball.

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				perform in a competitive game.		
Year Six	<p>Tag Rugby Attacking in staggered lines and develop my game understanding to play in game-based scenarios</p>	<p>Gymnastics Demonstrate counter balance and counter tension in a sequence. Explore the concept of feedback to evaluate the work of others using correct technical language.</p>	<p>Badminton Explore a wide range of different shots and techniques to compete in games.</p>	<p>Handball Demonstrate specific tactical awareness as an individual and a team player.</p>	<p>Rounders Play a full game taking on different roles within the team and adapting my game accordingly.</p>	<p>OAA Working in pairs and groups to problem solve, read maps and demonstrate leadership skills.</p>