



PE Curriculum Overview 2025-26

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
FS Following children's own interests and investigations	Theme: Dance Key Questions: How to copy and remember a dance move and find a safe space to play. Skills: Negotiate space and obstacles safely, with consideration for themselves and others Begin to move with some accuracy Knowledge: To copy a dance move and show special awareness.	Theme: Games Key Questions: How to play games with increasing accuracy and confidence. Skills: Run, jump, hop, and skip with increasing confidence and accuracy Begin to show accuracy with throwing, catching and striking Understand and follow basic rules of a game. Knowledge: To understand basic skills and rules necessary to play a range of games.	Theme: Athletics Key Questions: How to compete and race. Skills: Run, jump, hop, and skip with increasing confidence and accuracy Throw with confidence and increasing accuracy Knowledge: To understand the basic principles of athletic events.	Theme: Gym Key Questions: How to balance and move safely. Skills: Demonstrate strength, balance and co-ordination when playing Knowledge: To understand how to balance and travel safely.	Theme: Swimming Key Questions: How to gain water confidence and enter a pool safely. Skills: Gain water confidence Get in and out of the pool safely Begin to use arms and legs to move in the water Knowledge: To understand pool safety.	Theme: Swimming Key Questions: How to gain water confidence and enter a pool safely. Skills: Gain water confidence Get in and out of the pool safely Begin to use arms and legs to move in the water Knowledge: To understand pool safety.	
	Physical development Ongoing throughout the year, teachers incorporate an element of physical development in every lesson. (Fine motor skills, gross motor skills, educating the children in the importance of living an active healthy lifestyle)	Physical development Ongoing throughout the year, teachers incorporate an element of physical development in every lesson. (Fine motor skills, gross motor skills, educating the children in the importance of living an active healthy lifestyle)	Physical development Ongoing throughout the year, teachers incorporate an element of physical development in every lesson. (Fine motor skills, gross motor skills, educating the children in the importance of living an active healthy lifestyle)	Physical development Ongoing throughout the year, teachers incorporate an element of physical development in every lesson. (Fine motor skills, gross motor skills, educating the children in the importance of living an active healthy lifestyle)	Physical development Ongoing throughout the year, teachers incorporate an element of physical development in every lesson. (Fine motor skills, gross motor skills, educating the children in the importance of living an active healthy lifestyle)	Physical development Ongoing throughout the year, teachers incorporate an element of physical development in every lesson. (Fine motor skills, gross motor skills, educating the children in the importance of living an active healthy lifestyle)	Physical development Ongoing throughout the year, teachers incorporate an element of physical development in every lesson. (Fine motor skills, gross motor skills, educating the children in the importance of living an active healthy lifestyle)
	Vocabulary progression Space, Throw, Catch, Ball, Cone, Jump, Hop, Bounce, Run, Stop, Skip	Dance, Move, Clap, Step, Music, Copy, Shape, Safely, Travel, Sideways, Forwards, Backwards	Shape, Move, Copy, Over, Under, Around, Safely, Sideways.	Looking Up, Stretch, Forwards, Backwards, Throw, Catch, Sports, Games, Rules	Swim, Travel, Breathing, Surface, Safety, Enter, Exit, Front, Rules, Kicking, Floats	Swim, Travel, Breathing, Surface, Safety, Enter, Exit, Front, Rules, Kicking, Floats	
	Coach led and FMS focused on Large ball skills Motor Patterns/Agility	Medium ball skills Motor Patterns/Agility	T&C games (Tag and chase) Multi directional speed/Agility	Small ball skills Multi directional speed/Agility	Athletics Acceleration / Deceleration & Agility	Bat & ball skills. Acceleration / Deceleration & Agility	
	1	Theme: Swimming Key Question: Developing confidence in the water and learning a basic stroke. Skills: Develop a stroke by using floats and other aids. • Develop knowledge and confidence in different floats. • Begin to understand the importance of water safety.	Theme: Dance Key Question: How to copy and remember dance moves and positions. Skills: Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence.	Theme: Gym Key Question: How to link and contrast gymnastic movements. Skills: Link three or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways.	Theme: Games Key Question: How to play a range of hitting, throwing and catching games. Skills: Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination.	Theme: Swimming Key Question: How to swim unaided up to 5 metres. A width of the school pool. Skills: • Use one basic stroke • Control leg movements Knowledge: To understand a basic stroke and technique.	Theme: Swimming Key Question: How to swim unaided up to 10 metres. Two widths of the school pool. Skills: Use one basic stroke, • Control leg movements Begin to develop a breathing technique.



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	Knowledge: To begin to understand the importance of learning a basic stroke.	Knowledge: To copy a range of dance movements and show special awareness.	Knowledge: To understand how to link movements and travel safely.	Knowledge: To understand the skill and rules necessary to play a range of games.		Knowledge: To understand how techniques improve swimming performance.
Vocabulary progression	Splash, Unaided, Gliding, Floating, Breathing, Bubbles	Pose, Slow, Fast, Balance, Copy, Travel	Jump, Roll, Level, Direction, Speed, Point, Balance	Points, Throw, Catch, Distance, Partner, Power.	Splash, Unaided, Gliding, Floating, Breathing	Splash, Unaided, Gliding, Floating, Breathing
Coach led and FMS focused on	Large ball skills Motor Patterns/Agility	Medium ball skills Motor Patterns/Agility	T&C games (Tag and chase) Multi directional speed/Agility	Small ball skills Multi directional speed/Agility	Athletics Acceleration / Deceleration & Agility	Bat & ball skills. Acceleration / Deceleration & Agility
2	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided up to 10 metres.</p> <p>Skills: Use one basic stroke, • Control leg movements Begin to develop a breathing technique.</p> <p>Knowledge: To understand how techniques improve swimming performance</p>	<p>Theme: Circuit training and stamina building.</p> <p>Key question: How to develop flexibility and strength through a variety of different movements.</p> <p>Skills: Change the direction of their movements. • identify an activity they are good at; • perform more than one type of jump correctly. • answer some questions about how they feel after exercise. • perform an underarm throw towards a target. • identify similarities between their own performance and that of someone else. • combine skills within an activity which has been slightly modified, • identify which skills are needed for a particular activity with support.</p> <p>Knowledge: Explain how skills are used within an activity and identify which activities require more than one skill.</p>	<p>Theme: Dance</p> <p>Key Question: How to develop and create dance moves and routines.</p> <p>Skills: Choose movements to communicate a mood, feeling or idea. • Copy and remember actions. • Move with some control and awareness of space.</p> <p>Knowledge: To understand and evaluate dance moves and routines.</p>	<p>Theme: Large Ball Skills Medium sized ball skills</p> <p>Key Question: How to play a range of games and develop tactics.</p> <p>Skills: • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. Move with careful control and coordination.</p> <p>Knowledge: To understand the skill and rules necessary to play a range of games.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided up to 15 metres.</p> <p>Skills: • Use one basic stroke, breathing correctly. • Control arm and leg movements.</p> <p>Knowledge: To understand basic strokes and techniques.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided over 15 metres.</p> <p>Skills: Use 2 basic strokes, breathing correctly. • Control arm and leg movements and develop better technique.</p> <p>Knowledge: To understand how techniques and breathing improve swimming performance.</p>
Vocabulary progression	Splash, Pull, Glide, Floats, Breathe, Floating	Strong, Pace, Race, Speed, Jog, Sprint, Hurdle	Action, Speed, Timing, Mirror, Direction.	Overarm, Underarm, Collect, Target, Dribble, Distance	Splash, Pull, Glide, Floats, Breathe, Floating	Splash, Pull, Glide, Floats, Breathe, Floating
Coach led and FMS focused on	Large ball skills Motor Patterns/Agility	Medium ball skills Motor Patterns/Agility	T&C games (Tag and chase) Multi directional speed/Agility	Small ball skills Multi directional speed/Agility	Athletics Acceleration / Deceleration & Agility	Bat & ball skills. Acceleration / Deceleration & Agility



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<p>3</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided over 20 metres.</p> <p>Skills: Use 1/2 basic strokes, breathing correctly.</p> <ul style="list-style-type: none"> • Control arm and leg movements and develop better technique. <p>Improve breathing techniques when swimming. To become confident in at least one float.</p> <p>Knowledge: To understand how techniques and breathing improve swimming performance.</p>	<p>Theme: Invasion games</p> <p>Key Question: How to follow rules and play a game fairly.</p> <p>Skills: Throw and catch with control and accuracy.</p> <ul style="list-style-type: none"> • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. • Throw and catch with control and accuracy. <p>Knowledge: To understand how possession and leadership helps in team sports.</p>	<p>Theme: Gymnastics</p> <p>Knowledge: To understand how balance and movement can be established.</p> <p>Key Question: How to improve balance and placement.</p> <p>Skills: Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <p>+</p> <p>Knowledge: To understand how balance and movement can be established.</p>	<p>Theme: Dance</p> <p>Key Question: How to plan and perform a dance routine.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. <p>Knowledge: To understand how balance and movement can be established.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided up to 20m.</p> <p>Skills: Swim between 20 and 50 metres unaided.</p> <ul style="list-style-type: none"> • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water. <p>To learn how to push off from the wall.</p> <p>Knowledge: To understand breathing and stroke technique.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided over 20 metres.</p> <p>Skills: Use 1/2 basic strokes, breathing correctly.</p> <ul style="list-style-type: none"> • Control arm and leg movements and develop better technique. <p>Improve breathing techniques when swimming. To become confident/know at least one float.</p> <p>Knowledge: To understand how techniques and breathing improve swimming performance.</p>
<p>Vocabulary progression</p>	<p>Crawl, Breaststroke, Sink, Rotation, Floating, Frontcrawl, Backstroke</p>	<p>Footwork, Travelling, Playing Area, Evade, Dodge, Control</p>	<p>Flow, Explore, Create, Control, Contrast</p>	<p>Flow, Explore, Rhythm, Create, Match, Feedback</p>	<p>Crawl, Breaststroke, Sink, Rotation, Floating, Frontcrawl, Backstroke</p>	<p>Crawl, Breaststroke, Sink, Rotation, Floating, Frontcrawl, Backstroke</p>
<p>Coach led and FMS focused on</p>	<p>Tag rugby Motor Patterns/Agility</p>	<p>Basketball & Netball Multidirectional speed and agility</p>	<p>Basketball & Netball Multidirectional speed and agility</p>	<p>Tennis Multidirectional speed and agility</p>	<p>Hockey/Athletics Acceleration / Deceleration & Agility</p>	<p>Bat and ball games Acceleration / Deceleration & Agility</p>
<p>4</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided over 25 metres.</p> <p>Skills: Use 1/2 basic strokes, breathing correctly.</p> <ul style="list-style-type: none"> • Control arm and leg movements and develop better technique. <p>Improve breathing techniques when swimming. To become confident/know at least one float. To be able to push and guide from the side of the pool.</p>	<p>Theme: Dance</p> <p>Key Question: How to travel and change direction in different ways.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements 	<p>Theme: Gym</p> <p>Key Question: How to improve balance and use equipment safely.</p> <p>Skills: improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <ul style="list-style-type: none"> • Swing and hang from equipment safely (using hands). 	<p>Theme: Dance</p> <p>Key Question: How to travel and change direction in different ways.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements 	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided over 25m.</p> <p>Skills: Aim to swim over 25m unaided</p> <ul style="list-style-type: none"> • Use 3 strokes and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movement as well as breathing • Swim at the surface and below the water for a longer period of time. <p>Push and glide and swim for up to 10 metres.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided over 25m.</p> <p>Skills: Swim over 25m unaided</p> <ul style="list-style-type: none"> • Use 3 strokes and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movement as well as breathing • Swim at the surface and below the water for a longer period of time. <p>Push and glide and swim for up to 10 metres.</p>



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	Knowledge: To understand how techniques and breathing improve swimming performance.	Knowledge: To understand how transferring body weight helps move and balance.	Knowledge: To understand how to manipulate and move body parts to create unique shapes.	Knowledge: To understand how transferring body weight helps move and balance.	Knowledge: To understand how to swim below the surface of the water and coordinate swimming techniques.	Knowledge: Understand how breathing and technique improves your swimming ability.
Vocabulary progression	Stroke, Alternate, Survival, Treading Water, Buoyancy	Reaction, Control, Unison, Dynamics, Explore, Timing	Technique, Quality, Perform, Extension, Apparatus	Reaction, Control, Unison, Dynamics, Explore, Timing	Stroke, Alternate, Survival, Treading Water, Buoyancy	Stroke, Alternate, Survival, Treading Water, Buoyancy
Coach led and FMS focused on	Tag rugby Motor Patterns/Agility	Basketball & Netball Multidirectional speed and agility	Basketball & Netball Multidirectional speed and agility	Tennis Multidirectional speed and agility	Hockey/Athletics Acceleration / Deceleration & Agility	Bat and ball games Acceleration / Deceleration & Agility
5	<p>Theme: Swimming</p> <p>Key Question: How to swim over 25 metres unaided</p> <p>Skills:</p> <ul style="list-style-type: none"> Use breaststroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. <p>Knowledge: Understand how breathing and technique improves your swimming ability.</p>	<p>Theme: Gymnastics</p> <p>Key Question: How do you perform complex moves that combine strength and stamina gained through gymnastics activities?</p> <p>Skills: Hold shapes that are strong, fluent and expressive.</p> <ul style="list-style-type: none"> Include in a sequence set pieces, choosing the most appropriate linking elements. Vary speed, direction, level and body rotation during floor performances. Practise and refine the gymnastic techniques used in performances (listed above). <p>Knowledge: Understand how sequence, speed and movement improves a gymnastic routine.</p>	<p>Theme: Dance</p> <p>Key Question: How do you perform expressively?</p> <p>Skills: Perform and create sequences.</p> <ul style="list-style-type: none"> Express an idea in original ways. Plan to perform with high energy, slow grace or other themes. <p>Demonstrate good kinaesthetic awareness.</p> <p>Knowledge: Compare and evaluate a performance and understand the discipline of dance.</p>	<p>Theme: Invasion Games</p> <p>Key Question: How to choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc</p> <p>Skills: Work alone, or with teammates in order to gain points or possession.</p> <ul style="list-style-type: none"> Strike or throw a ball with accuracy. Use forehand and backhand when playing racket games. <p>Knowledge: To understand the rules and play a range of striking and racket games with increasing accuracy.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim over 30 metres unaided</p> <p>Skills:</p> <ul style="list-style-type: none"> Use breaststroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. <p>Knowledge: Understand how breathing and technique improves your swimming ability.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim over 30 metres unaided</p> <p>Skills:</p> <ul style="list-style-type: none"> Use breaststroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. <p>Pushing, glide and swim</p> <p>Knowledge: Understand how breathing and technique improves your swimming ability.</p>
Vocabulary progression	Tactics, Control, Foul, Onside, Support, Obstruction, Pressure.	Rotation, Aesthetics, Synchronisation, Progression, Symmetrical.	Formation, Performance, Canon, Relationship, Dynamics, Posture.	Formation, Performance, Canon, Relationship, Dynamics, Posture.	Exhale, Surface, Inhale, Flutter Kick, Catch, Pull, Streamline	Exhale, Surface, Inhale, Flutter Kick, Catch, Pull, Streamline
Coach led and FMS focused on	Tag rugby Motor Patterns/Agility	Basketball & Netball Multidirectional speed and agility	Basketball & Netball Multidirectional speed and agility	Tennis Multidirectional speed and agility	Hockey/Athletics Acceleration / Deceleration & Agility	Bat and ball games Acceleration / Deceleration & Agility
6	<p>Theme: Swimming</p> <p>Key Question: How to swim over 30 metres unaided.</p>	<p>Theme: Gymnastics</p> <p>Key Question: How to perform gymnastics routines with a range of movements?</p>	<p>Theme: Dance</p> <p>Key Question: How do you perform expressively and hold a precise and strong body posture during dance?</p>	<p>Theme: Hockey</p> <p>Key Question: How to play Hockey</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim over 30 metres unaided.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim over 30 metres unaided.</p> <p>Skills: Swim fluently with controlled strokes.</p>



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	<p>Skills: Swim fluently with controlled strokes.</p> <ul style="list-style-type: none"> • Turn efficiently at the end of a length. <p>Knowledge: Understand how breathing, technique improves your swimming ability and helps towards maintaining a healthy lifestyle</p>	<p>Skills: Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • rotations, bending, stretching and twisting <p>Knowledge: Understand how balance and technique improves a gymnastic routine.</p>	<p>Skills: Perform and create complex sequences.</p> <ul style="list-style-type: none"> • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece <p>Knowledge: Compare and evaluate a performance express thoughts and emotions through dance in imaginative ways.</p>	<p>Skills: Field, defend and attack tactically by anticipating the direction of play.</p> <ul style="list-style-type: none"> • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>How to strike a ball.</p> <p>Knowledge: To understand the rules and tactics when playing Hockey</p>	<p>Skills: Swim fluently with controlled strokes.</p> <ul style="list-style-type: none"> • Turn efficiently at the end of a length. <p>Knowledge: Understand how breathing, technique improves your swimming ability and helps towards maintaining a healthy lifestyle.</p>	<ul style="list-style-type: none"> • Turn efficiently at the end of a length. <p>Knowledge: Understand how breathing, technique improves your swimming ability and helps towards maintaining a healthy lifestyle.</p>
Vocabulary progression	Endurance, Propel, Streamline, Flutter Kick, Synchronised, Retrieve, Continuous.	Momentum, Counter Balance, Counter Tension, Analyse, Assess, Fluently, Formation	Choreograph, Phrase, Structure, Contrast, Flow, Fluently, Connect, Improvise,	Dribble, Attacking, Co-operation, Teamwork, Support, Sportsmanship, Strategy	Endurance, Propel, Streamline, Flutter Kick, Synchronised, Retrieve, Continuous.	Endurance, Propel, Streamline, Flutter Kick, Synchronised, Retrieve, Continuous.
Coach led and FMS focused on	Tag rugby Motor Patterns/Agility	Basketball & Netball Multidirectional speed and agility	Basketball & Netball Multidirectional speed and agility	Tennis Multidirectional speed and agility	Hockey/Athletics Acceleration / Deceleration & Agility	Bat and ball games Acceleration / Deceleration & Agility