



St Barnabas

Church of England Primary Academy

A member of **CDARI**

'Achieving great things through learning and growing together in a love-filled Christian family'

'That they shall have life, life in all its fullness!' John 10:10

PE Curriculum Overview 2025-2026

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	EYFS - Fundamental Movement Skills <u>FMS - Elmer</u>	EYFS - FMS - Rosie's Walk	<u>EYFS - FMS - Mini Beasts</u>	EYFS - FMS - Superworm	EYFS - FMS - Hungry Caterpillar	EYFS - FMS - Rumble in the jungle
Year 1	FMS Baseline- Lost and Found	Gymnastics Activities Core Task - 2	FMS - Underarm Throw Dance - Toy Story	Dance - Toy Story FMS - Rolling a Ball	Athletics - 1 FMS - Catching and Bouncing a Ball	FMS - Overarm Throw FMS - Kicking Unit
Year 2	KS1 FMS and Gym - Jack and the Beanstalk KS1 - Y2 FMS -Zog	Y2 Gymnastics Activities KS1 - Y1 FMS - Bounce a Ball	KS1 - Y2 Dance - Explorers Y2 - Gymnastic Activities	Y2 - Games - Striking & Fielding Y2 - OAA - The Great Outdoors	KS1 - Y2 Dance - Once Upon a Giant Y2 - Games - Net and Wall	Y2 - Games - Piggy in the Middle Y2 - FMS - end of KS1 Assessment

Year 3	Swimming - Phase 1 Y3 - Fundamental Skills Catch Up - KS1 - Y2 FMS - Playground Games In The 20th Century	Swimming - Phase 2 Y3/4 Dance - Superheroes	Y3/4 Creative Games-Tag & Target Y3 - Y3 - Gymnastics - Activities Core Task 1	Y3 - Gymnastics - Activities Core Task 2 Y3/4 -Invasion Games - On the Attack	Swimming - Phase 3 Y3 - Invasion Games - Rugby	Swimming - Phase 4 Y3/4 - Athletics Activities
Year 4	Y4 Target Games - Boccia Y4 - Invasion Games - On the Attack	Y4 - Gymnastics - Activities 1 Y3/4 - Dance - Romans	Y4 - Gymnastics - Activities 2 Y3/4 - Dance - Around the World	OAA - Team Work & Problem Solving Y3/4 - Striking & Fielding Activities - Cricket	Y3/4 - Athletics Activities Y3/4 Invasion Games - Netball	Y3/4 Striking & Fielding -Rounders Y3/4 - Net & Wall Unit Core Task 1
Year 5	Y5 - Gymnastics - Activities 1 Y5/6 - Striking and Fielding - Cricket	Dance - Food, Glorious Food Y5/6 Net & Wall - Badminton	Dance - Earthlings Y5/6 Invasion Games -Hockey	Y5/6 Invasion Games - Football Y5 - Gymnastics - Activities 2	Y5/6 Athletics - 1 Y5/6 - Orienteering (PGL visit)	Y5/6 - Striking and Fielding - Rounders Y5/6 Athletics - 2 (Witton)
Year 6	Invasion games (Hockey) Striking & Fielding - Cricket	Y6 Gymnastics -Core Task 1 Y5/6 Dance-Robin Hood	Y6 Gymnastics - Core Task 2 Y5/6 Invasion Games - Netball	Y5/6 Invasion Games - Football Y5/6 Orienteering	Y5/6 Athletics Dance	Striking and fielding games (Rounders or Cricket) Y5/6 Net and Wall - Tennis

Cultural Capital in Physical Education

Cultural capital can be defined as powerful knowledge. Knowledge is one of the key ingredients a child will draw upon to be successful in society, their career and the world of work.

Cultural capital gives a child power. It helps them achieve goals, become successful, and rise up the social ladder without necessarily having wealth or financial capital. In PE, this powerful knowledge can be split into two categories: powerful subject knowledge and powerful personal knowledge

Powerful Subject Knowledge in PE

The Physical Education curriculum; Anti-bullying and safeguarding policies and strategies, including the child- friendly Peer on Peer abuse policy; The Health Education dimension of the PSHE programme, including strands on drugs, smoking and alcohol; The bike ability scheme in Y5/6. Giving children the knowledge and skills to ride safely on the road.; Design and Technology units related to food preparation and nutrition; The knowledge of how and why children need to take care of their personal fitness and wellbeing; The knowledge of local, national and worldwide sporting events and their importance on society.

Powerful Personal Knowledge in PE

Healthy Eating policies and catering provision; Activity-based residential visits. The Anderton Centre in Y4 and PGL Winmarleigh in Year 5. The promotion on interschool and intra-school competition in an extensive range of sports; The extra-curricular clubs related to sports and well-being; The celebration of sporting achievement including personal fitness and competitive sport; Understanding what activities children enjoy and wish to participate in outside of school to allow them to become life-long learners