

PE - Yearly Overview 2025-2026

The aim of delivering this subject:

The aim of delivering Physical Education (PE) from Early Years Foundation Stage (EYFS) through to Year 11 is to nurture a lifelong appreciation for health, fitness, and well-being while developing physical competence and confidence. Starting in EYFS, children are introduced to basic motor skills such as running, jumping, balancing, and coordination in a playful and exploratory environment. As they progress through primary, they build on these fundamentals by learning more structured skills like throwing, catching, and teamwork through a variety of games and activities.

In Key Stages 3 and 4 (Years 7–11), PE becomes more specialized, with an emphasis on refining skills in specific sports, understanding rules and tactics, and fostering personal fitness goals. Pupils are encouraged to take responsibility for their own health, setting fitness and well-being targets while developing sportsmanship, resilience, and leadership qualities. By Year 11, students are equipped with the knowledge, skills, and habits needed to pursue active lifestyles, whether through competitive sports or recreational physical activity, promoting both physical and mental health as they transition into adulthood

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Primary (EFYS)	Fundamental Movements & Spatial Awareness	Developing Coordination & Group Games	Strength & Coordination	Creative Movement & Teamwork	Confidence in Movement	Celebration of Skills
Primary	Fundamental Movement Skills and Teamwork	Introduction to Competitive Games	Health and Fitness Awareness	Outdoor Education and Team Challenges	Leadership and Sportsmanship	Skills Consolidation and Future Planning
Year 7	Football/Basketball (Invasion games)	Rugby (Invasion Games)	Tennis/Badminton (Net Sports)	Fitness Training	Cricket/Tennis	Athletics
Year 8	Football/Basketball (Invasion games)	Rugby (Invasion Games)	Tennis/Badminton (Net Sports)	Fitness Training	Cricket/Tennis	Athletics

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	Football/Basketball (Invasion games)	Rugby (Invasion Games)	Tennis/Badminton (Net Sports)	Fitness Training	Cricket/Tennis	Athletics
Year 10	Football/Basketball (Invasion games)	Rugby (Invasion Games)	Tennis/Badminton (Net Sports)	Fitness Training	Cricket/Tennis	Athletics
Year 11	Football/Basketball (Invasion games)	Rugby (Invasion Games)	Tennis/Badminton (Net Sports)	Fitness Training	Cricket/Tennis	Athletics