

## Subject Yearly Overview 2025-2026

Subject: Primary PE	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
<b>Autumn 1</b>	<p>Fundamental movement skills using Invasion Games for understanding (finding space, moving into space)</p> <p>Gymnastics – moving like a gymnast; point and patch balances. Rolls (teddy bear rolls and pencil rolls)</p> <p>Performance of a sequence.</p>	<p>Understanding of effects of exercise has on the body and how it affects our heart rate.</p> <p>Physical literacy skills (finding space, avoiding collisions, maintaining direction travelling in straight lines and with thought)</p>	Encourage vigorous exercise through a range of activities to increase obvious heart rate and body temperature.
<b>Autumn 2</b>	<p>Net and Wall Games</p> <p>Dance A (Halloween/Bonfire Night/Square Dance/Christmas Creating a sequence of movement based on a theme. Premier League Value Focus: Connected</p>	<p>Volleyball: Digging, Setting, Serving, Spiking? Badminton: coordination, footwork, rules, gameplay and serve. Wallball: Rules, agility, speed, coordination and forehand/ backhand.</p> <p>Moving with grace and purpose. Performance techniques. Creating a sequence.</p>	<p>Develop coordination, speed and agility and basic motor skill movement and patterns.</p> <p>Working with a partner to create a pair sequence.</p>
<b>Spring 1</b>	Invasion Games / Basketball themed (sending and receiving)	Develop range of skills such as coordination, speed, strength and agility through different basketball related drills. Focusing on core skills/ techniques such as dribbling, passing and shooting.	Improve team work and communication.

	<p>Gymnastics (shapes, flight and creation)</p> <p>Premier League Value focus: Fair</p>	<p>Gymnastics: Jumps, leaps and creating sequences individually, as a pair and in a small group.</p>	<p>To develop the students' coordination and fine motor skills, such as hand movements.</p> <p>Development of their performance skills and ability to work in a larger group performance.</p>
<b>Spring 2</b>	<p>Fitness through games.</p> <p>Dance (International Dance Day - 29<sup>th</sup> April/Holi/Pentecost)</p> <p>Premier League Value focus: Inspiring</p>	<p>Develop ability to work in teams to outwit an opposing team. Also focus on developing specific skills, techniques and perform them with continuous fluency in both isolation and competitive situations. Tag Rugby, Tag games, Netball, Bench ball.</p> <p>Creating more complex sequences and working together to perform with elegance. Extension of limbs and pointed toes, extended fingers.</p>	<p>Begin to develop team work skills, focusing on the Premier league value 'fair', being able to play team games fairly and respecting others.</p> <p>Focus on developing dance skills to a higher level and include choreography skills.</p>
<b>Summer 1</b>	<p>Striking and fielding games (Baseball/softball/cricket/rounders and kickball)</p> <p>Yoga (Wesak and Buddhism link)</p> <p>Premier League Value focus: Connected</p>	<p>Developing hand-eye coordination and how to hit a ball with a bat. Including building up tactical/ spatial awareness in a large space for fielding.</p> <p>Understanding breathing control, listening skills and awareness of the whole body. Self-regulation skills.</p>	<p>Good weather to get outside and work as teams.</p> <p>Developing strategies to use exercise to self-regulate and listen to their bodies.</p>

<b>Summer 2</b>	Athletics  Outdoor Adventurous Activities  Premier League Value focus: Ambitious	Run, jump and throw – England Athletics Awards?  Semaphore, orienteering, blindfold trust activities and obstacle courses.	Utilise the outdoor space due to the improved weather.  Develop confidence and collaborative working .
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