

Develop practical skills in order to participate, compete and lead a healthy lifestyle

P.E. Overview 2025 - 26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursey	Introduction to PE unit 1	Fundamental unit 1	Gymnastics unit 1	Dance unit 1	Games unit 1	Ball skills unit 1 Sports day practise
Receptions	Introduction to PE unit 2	Fundamental unit 2	Gymnastics unit 2	Dance unit 2	Games unit 2	Ball skills unit 2 Sports day practise
Year 1	Dance	Gymnastics	Ball skills	Sending and receiving	Athletics	Target games
Fundamental Skills	Locomotion: <ul style="list-style-type: none"> Hopping Galoping and Skipping Jumping for height 		Stability: <ul style="list-style-type: none"> Balancing on one leg Walking the beam Rolling 		Object control: <ul style="list-style-type: none"> Rolling a ball Overarm throw Underarm throw Catching a ball 	
Year 2	Dance	Gymnastics	Net and wall games	Striking and fielding games	Athletics	Invasion games
Fundamental Skills	Locomotion: <ul style="list-style-type: none"> Running Jumping for distance Dodging 		Stability: <ul style="list-style-type: none"> Balancing on one leg Walking the beam Rolling 		Object control: <ul style="list-style-type: none"> Kicking Bouncing a ball (dribbling) Dribbling with feet Striking a ball 	
Year 3	Fundamental skills	Dance	Gymnastics (teach lesson numbers 1, 3, 5, 7, 9, 11)	Ball skills	Athletics	Invasion Skills (Football)
Fundamental Skills	Locomotion: Hopping Galoping and Skipping Jumping for height		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> Rolling a ball Overarm throw Underarm throw Catching a ball 	

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Year 4	Dance	Gymnastics <i>(teach lesson numbers 1, 3, 5, 7, 9, 11)</i>	Net and wall skills (Tennis) Swimming	Ball skills	Athletics	Invasion Skills (Football)
Fundamental Skills	Locomotion: Running Jumping for distance Dodging		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> • Kicking • Bouncing a ball (dribbling) • Dribbling with feet • Striking a ball 	
Year 5	Dance Swimming	Gymnastics	Invasion Skills (Basketball)	Invasion Skills (Hockey)	Athletics	Striking and Fielding (Rounders)
Fundamental Skills	Locomotion: Hopping Gallop and Skipping Jumping for height		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> • Rolling a ball • Overarm throw • Underarm throw • Catching a ball 	
Year 6	Invasion Skills (Tag Rugby) OAA – Robinwood	Dance	Gymnastics	Invasion skills (Netball)	Athletics	Striking and Fielding (Cricket) Swimming
Fundamental Skills	Locomotion: Running Jumping for distance Dodging		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> • Kicking • Bouncing a ball (dribbling) • Dribbling with feet • Striking a ball 	

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Fundamental skills for Year 1 to Year 6 to be taught alongside main skill each term.

Outdoor Adventure Activity (OAA) – Event planned for KS2 year groups.