



PE Overview 2025-2026



Year Group	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 indoor	Multi skills 6 weeks Running, Jumping, Rolling, Striking, Throwing, Bouncing, Catching	Dance 6 weeks Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways	gymnastics 6 weeks Shapes – Pike, Star, Straddle, Straight, Tuck	Dance- cross curricular links 6 weeks Body actions, Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Rhythm Co-ordination Pattern	gymnastics- Val Sabin Wide narrow curled 6 weeks Stretch, balance, tension, zig-zag, travelling, jumping, climbing, repeat, sequence, space, perform, adapt, direction, speed, levels	Games using a racket 6 weeks Space, Opposite team, Speed, Direction, Passing, Controlling,
Year 1 outdoor	Invasion games 6 weeks Sending and receiving, accuracy, agility, co-ordination,	Multi skill 6 weeks Aim, balance, control, target, technique, travel	Invasion games 6 weeks Throwing and catching, striking, space, speed, direction, control, rotate, fielding, scoring	Personal challenges 6 weeks Ready shape, drop, speed, hands, eye- contact, footwork	Athletics 6 weeks Balance, Hopping, Jog, Mobility, Obstacle, Overarm throw, Relay, Speed, Sprint, Take-off and landing, Underarm	OAA problem solving 6 weeks Head up, Move quickly, Dodging, Evading, Focus, Shuffling, Control, Balance, Strategy, Teamwork
Year 2 indoor	Sportshall Athletics (infants)- 6weeks Co-ordination, control, Balancing, throwing, catching, speed, technique, concentration	Dance 6 weeks Movement, control, level, sequence, travel, direction, unison, canon,	gymnastics- developing basic skills and simple sequences 6 weeks Balance, travel, stretch, Sequence, control, copy, hold, perform	Dance- cross curricular links 6 weeks Travel, direction, space, Pathways, speed, levels, body-parts, Rhythm,	gymnastics- Parts High Parts Low 6 weeks Val Sabin Travelling, jumps, rolls, controlled, shapes, balances, bridge, tension, weight, movements,	Net games with tennis focus 6 weeks Racket, ball control, bounce, throw, catch, aiming, underarm, over-arm, teamwork
Year 2 outdoor	Multi skills- 6 weeks Balance, control, rolling, dribble, tracking, accuracy, co-ordination, free space	Invasion games- attacking and defending 6 weeks Dodging, passing, avoiding, own space, opposite, team, co-operation, blocking	Invasion games- dribbling 6 weeks Passing, dribbling, defending, space, control, teamwork	OAA problem solving 6 weeks Challenge, strategy, plan, solution, Teamwork, obstacle	Athletics 6 weeks Direction, Distance, obstacle, speed, relay, take-off, landing,	Invasion games- dribbling and passing- use year 3 plan 6 weeks Agility, balance, bounce, control, dribble, observation, safety, send, speed. travel
Year 3 indoor	Multi skills 6 weeks Quick, footwork, agility, special awareness, chest pass, bounce pass, shadow, weave/dodge, balance, coordination, dribble, control	Sportshall Athletics Year 3/4- 6weeks Awareness, direction, agility, leap, stillness, technique, distance, pointed fingers, bent, overarm	Gymnastics 6weeks Analyse, balance, co-operation, empathy, Jumps, landing, shapes, roll, teamwork, travel	Dance- cross curricular links 6 weeks Canon, clock, confidence, direction, formation, performance, pivot, tempo, timing, unison	gymnastics- symmetry and asymmetry 6 weeks Val Sabin Symmetry, asymmetry, balance, straight, focus, mirroring	Dance 6 weeks Canon, clock, confidence, direction, formation, performance, pivot, tempo, timing, unison
Year 3 outdoor	Invasion games- throwing and hitting a ball Spacial awareness, direction, chest pass, bounce pass, space, shadow, weave/dodge, reactions, quick feet, balance, movement, coordination, teamwork	Invasion games- passing and moving hands 6 weeks chest pass, overhead pass, one handed pass, aim, target, space, catch, support, teammate, ready position	Invasion games- dribbling and passing feet 6 weeks Agility, balance, bounce, control, dribble, observation, safety, speed, travel	Net games Accuracy, defenders, fielding, overarm, throw, retrieve, run, safe zone, striking, stumped, surface area	OAA problem solving 6 weeks Cooperation, teamwork, strategy, Communication, trust, solutions	athletics 6 weeks Changeover, competition, direction, improve, landing, overarm, relay, take-off, technique, underarm
Year 4 indoor	Swimming Freestyle, breaststroke, butterfly, backstroke. length, width, frog kick, lap, stroke	Swimming Freestyle, breaststroke, butterfly, backstroke. length, width, frog kick, lap, stroke	Dance 6 weeks Balance, Co-ordination, Dynamic, Expression, Improvise, strength, rhythm, Sequence, Flexibility, Space	Invasion games- striking and batting/ bowling 6 weeks Batter. Bowler, fielder, wicket, swing, bowl, run, over, tactics, boundary	Gymnastics 6 weeks Asymmetry, balance, counterbalance, symmetry, sequence, pause, phrase, posture, techniques	Swimming Freestyle, breaststroke, butterfly, backstroke. length, width, frog kick, lap, stroke
Year 4 outdoor	Invasion games- football 6 weeks Ball, goal, pitch, official, goalkeeper, defender, forward, pass, strike, dribble, tackle, strategy, offside, teamwork	Invasion games bench ball and end ball 6 weeks Ball, court, throw, intercept, evade, aim, target, opponent, teammate, defence, strategy,	Swimming Freestyle, breaststroke, butterfly, backstroke. length, width, frog kick, lap, stroke	Swimming Freestyle, breaststroke, butterfly, backstroke. length, width, frog kick, lap, stroke	Swimming Freestyle, breaststroke, butterfly, backstroke. length, width, frog kick, lap, stroke	Athletics 6 weeks Distance, knee lift, timing, baton, pace, stamina, stride length, take off, landing, relay
Year 5 indoor	Multi skills 6 weeks Technique, coordination, transition, observation, control, passing, position, ready position	Invasion games- attack v defense 6 weeks Possession, combination, evade, tactics, heart rate, pulse, recovery, defend, strategy	gymnastics 6 weeks Dynamics, combination, agility, arch, evaluate, refine, symmetry, inverted	Dance- cross curricular links 6 weeks Dance phrase, rhythm, expression, improvisation, dynamics, interpret, combination, agility	Tennis 6 weeks Backhand, drop serve, Forehand, overhead serve, rally, rally building, scoring volley	Dance 6 weeks Beats, co-ordination, collaboration, control, dynamics, emotion, flexibility, phrasing, sequence, space, unison
Year 5 outdoor	Invasion games- hockey 6 weeks Position, space, attack, defence, block, pass, dribble, accuracy, control, receive, intercept	Bee netball 6 weeks Bounce pass, chest pass, overhead pass, attack, defend, mark, pivot, intercept, goal	Flag football 6 weeks Stay low, stay square, reach for the hip, rotate, target, handoff, special awareness, attack, defence, intercept	Invasion- tag rugby 6 weeks Dodge, strategy, offside, control, space, tackle, intercept, try	Athletics 6 weeks Baton, control, distance, extend, landing, long jump push technique, relay, take off	Invasion games- cricket 6 weeks Oppose, teamwork, batting, bowling, fielding, positioning, striking, wicket, stumps, bails
Year 6 indoor	Multiskills 6 weeks Spatial awareness, control, accuracy, technique, tactics, fluency, keeping possession, coordination, agility	Indoor Athletics Year 5/6- 6weeks Sprint, distance, measure, Obstacles, Speed, accuracy, take off, stamina	gymnastics 6 weeks Tension, dynamics, Combination, agility, Strength, technique, control, balance	Dance- cross curricular links 6 weeks Fluency, travelling, technique, formation, rhythm, Variation, Unison, dynamics	Invasion- mini volleyball 6 weeks Sideout, pass, freeball, attack, block, front row attack, chest pass, overhead pass, mark, intercept	OAA problem solving 6 weeks Apply, communicate, analyse, teamwork, control, obstacle, coordination, agility, balance



PE Overview 2025-2026



Year 6 outdoor	invasion games attack vs defence 6 weeks Tackling, marking, intercepting, possession, combination, tactics, defend, strategy	Invasion games netball 6 weeks Attack, defend, pivot, bounce pass, chest pass, overhead pass, mark, intercept	Invasion games Basketball 6 weeks Basketball, possession, passing range, dribbling, shooting, marking, repossession, attackers, defenders	Football 6 weeks Penalty, foul, attacker. defender, pitch, referee, offside, mid-fielder	athletics 6 weeks Direction, distance, javelin, pace, relay, sprint start, standing start, take off	Rounders 6 weeks Batter, bowler, fielder, half rounder, rounder, no ball, umpire, bowling square, batting square