

Physical Education Curriculum Overview



Me & Myself



Children develop independence in managing personal needs, move confidently in varied ways, understand how activity affects their bodies and engage in positive conversations with others.

Movement Development



Children develop speed, agility, balance, strength and coordination, learn safe jumping and landing, and confidently explore movement while negotiating space and trying new activities.

Throwing & Catching



Children move confidently in skillful ways, learn to take turns and share, develop controlled running with changes of speed and direction, and understand boundaries and behaviour expectations.

Ball Skills



Children move confidently and safely while managing risks, develop fundamental ball-handling skills with control, and learn to play cooperatively through turn taking and sharing.

Fun & Games



Children move confidently in varied, skillful ways, learn to take turns and share, develop controlled running with changes of speed and direction, and understand boundaries and behaviour expectations.

Working with Others



Children run with control while negotiating space, develop basic ball control, understand boundaries and behaviour expectations, and build positive relationships by responding to others and recognising their needs.

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Physical Education Curriculum Overview



Net / Wall 

Invasion Games 

Striking & Fielding 

Target Games 

Outdoor & Adventurous 

Artistic 

Fundamentals 

Swimming 



Football –
Class Teacher
Handball –
Sports Coach



Children develop fluent movement, fundamental ball skills, and basic control through practising sending, receiving and aiming.

Children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.

Tag-Rugby –
Class Teacher
Hockey –
Sports Coach



Children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.

Children develop basic ball control including catching a large ball and aiming towards a target and gives opportunities to explore moving the ball in different ways.

Gymnastics 1 –
Class Teacher
Golf –
Sports Coach



Children explore and form simple sequences of different actions, moving safely, changing direction, speed.

Children develop manipulation skills - pushing, rolling and putting a ball towards a target, performing with some control and accuracy and understanding the importance of using equipment safely.

Gymnastics 1 –
Class Teacher
Dodgeball –
Sports Coach



Children develop fundamental movements such as travelling, balancing, rolling and jumping, creating simple sequences and moving safely with changes of direction and speed.

Children develop basic ball control including catching a large ball and aiming towards a target and gives opportunities to explore moving the ball in different ways.

Dance –
Class Teacher
Volleyball –
Sports Coach



Children use their imagination to express feelings, share ideas and create short dances.

Children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.

Dance –
Class Teacher
Badminton –
Sports Coach



Children move confidently and safely, developing fundamental travelling skills to music while using imagination to express ideas and create short dances.

Children develop basic shuttle and racket control, experiment with different types of sending and receiving, and show some success when aiming at a target.

Gymnastics 2 –
Class Teacher
Orienteering –
Sports Coach



Children explore and form simple sequences of different actions, moving safely, changing direction and speed.

Children develop basic map-reading skills to navigate simple routes and solve problems, while learning safety rules, event procedures and how to participate fairly with others.

Gymnastics 2 –
Class Teacher
Orienteering –
Sports Coach



Children develop fundamental movements such as travelling, balancing, rolling and jumping, creating simple sequences and moving safely with changes of direction and speed.

Children develop basic map-reading skills to navigate routes and solve problems, learning safety and event rules to participate fairly with others.

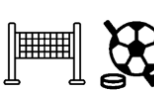
Fitness –
Class Teacher
Netball –
Sports Coach



Children negotiate space, explore movements and engage in discussions around the benefits of regular exercise and why eating well is good for you.

Children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.

Tennis –
Class Teacher
Basketball –
Sports Coach



Children develop basic ball and racket control, experiment with different types of sending and receiving, and show some success when aiming at a target.

Children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.

Rounders –
Class Teacher
Athletics –
Sports Coach



Children move fluently with changes of speed and direction, develop basic catching, stopping, throwing and hitting skills, and begin to follow rules and use simple tactics in games.

Children explore and develop their locomotor, stability and manipulation skills.

Cricket –
Class Teacher
Athletics –
Sports Coach



Children move fluently with changes of speed and direction, develop basic catching, stopping, throwing and hitting skills, and begin to follow rules and use simple tactics in cricket games.

Children apply basic athletic skills such as controlled jumping, hopping, balancing, running and throwing, while continuing to develop their locomotor, stability and manipulation skills.

YEAR 1

YEAR 2

Physical Education Curriculum Overview



Net / Wall



Invasion Games



Striking & Fielding



Target Games



Outdoor & Adventurous



Artistic



Fundamentals



Swimming



Football –
Class Teacher
Handball –
Sports Coach



Children develop ball control and accuracy, improve decision making in game situations, and work collaboratively with fairness and respect.

Children continue to develop ball control, improving control when moving around, and increasing the accuracy and control when passing, shooting and receiving.

Gymnastics 1 –
Class Teacher
Golf –
Sports Coach



Children develop and combine key gymnastic elements into longer, more effective sequences, linking shapes, balances and travel in pairs and groups.

Children develop ball control and chipping/putting techniques working both independently and with others while playing fairly and safely.

Dance –
Class Teacher
Volleyball –
Sports Coach



Children develop creativity and expression through dance, working collaboratively in pairs and groups.

Children develop ball control and accurate shots, improve decision-making to move into effective court positions, and work collaboratively with good communication, fairness and respect.

Gymnastics 2 –
Class Teacher
Orienteering –
Sports Coach



Children develop and combine key gymnastic elements into longer, more effective sequences, linking shapes, balances and travel in pairs and groups.

Children recognise locations and plot routes on maps, apply key techniques such as scaling, thumbing and folding, and develop communication, collaboration and physical skills including agility, coordination and speed.

Fitness –
Class Teacher
Netball –
Sports Coach



Children develop a greater physical knowledge, be able to demonstrate good whole-body strength and discuss the importance in leading healthy, active lifestyles.

Children develop ball control and accurate passing, improve decision-making to move into effective positions, and work collaboratively with good communication, fairness and respect.

Rounders –
Class Teacher
Athletics –
Sports Coach



Children develop control of the bat and ball, improving accuracy in throwing, catching and striking, while learning rules and discussing tactics for both batting and fielding.

Children build their athletic understanding, making decisions such as choosing appropriate running speeds to meet the demands of different tasks.

YEAR 3

Tag-Rugby –
Class Teacher
Hockey –
Sports Coach



Children develop ball control and accurate passing, improve decision-making to move into effective positions, and work collaboratively with fairness, respect and good communication.

Children develop ball control and accurate passing, improve decision-making to move into effective positions, and work collaboratively with fairness, respect and good communication.

Gymnastics 1 –
Class Teacher
Dodgeball –
Sports Coach



Children develop and combine key gymnastic elements into longer, more effective sequences, improving accuracy, consistency and creativity when linking shapes, balances and travel in pairs and groups.

Children develop ball control and accuracy in key dodgeball skills, improve decision-making to move into effective positions, and work collaboratively with good communication, fairness and respect.

Dance –
Class Teacher
Badminton –
Sports Coach



Children develop expressive movement and fluency, creating dance phrases using speed, tension and continuity, and work collaboratively in pairs and groups to respond to stimuli and build narratives.

Children develop racket and shuttle control, improve decision-making to move into effective court positions, and work collaboratively with good communication, fairness and respect.

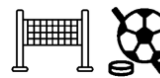
Gymnastics 2 –
Class Teacher
Orienteering –
Sports Coach



Children develop and combine key gymnastic elements into longer, more effective sequences, improving accuracy, consistency and creativity when linking shapes, balances and travel in pairs and groups.

Children identify locations and plan routes on maps, apply skills such as scaling, thumbing and folding, and build communication, teamwork and physical abilities including agility, coordination and speed.

Tennis –
Class Teacher
Basketball –
Sports Coach



Children develop racket and ball control with increasing shot accuracy, improve decision-making to move into effective court positions, and work collaboratively with good communication, fairness and respect.

Children develop ball control and accurate passing, shooting, improve decision-making to move into effective positions, and work collaboratively with good communication, fairness and respect.

Cricket –
Class Teacher
Athletics –
Sports Coach



Children develop control and accuracy in throwing, catching and striking, improving bat and ball skills while learning rules and discussing tactics for both batting and fielding.

Children apply a broad range of running, jumping and throwing skills with control and consistency, developing their athletic understanding to make decisions such as selecting appropriate running speeds for different tasks.

YEAR 4

Physical Education Curriculum Overview



Net / Wall



Invasion Games



Striking & Fielding



Target Games



Outdoor & Adventurous



Artistic



Fundamentals



Swimming



Football –
Class Teacher
Handball –
Sports Coach



Children combine football skills at speed with confidence and control, apply tactics to keep possession or evade opponents, and develop teamwork, rule-keeping and understanding of formations.

One Year 5 class attends swimming on Monday afternoons. The other class follows both PE lessons as normal.

Gymnastics 1 –
Class Teacher
Golf –
Sports Coach



Children refine and combine key gymnastic elements into fluent, effective sequences, applying compositional principles confidently when working individually, in pairs and in groups.

Continuation of swimming for the first Year 5 class on Monday afternoons.

Dance –
Class Teacher
Volleyball –
Sports Coach



Children develop confidence, a strong sense of rhythm and clarity in their performance.

Second Year 5 class begins swimming on Monday afternoons. The first class receives the PE lesson missed during Autumn.

Gymnastics 2 –
Class Teacher
Orienteering –
Sports Coach



Children refine and combine key gymnastic elements into fluent, effective sequences, applying compositional principles confidently when working individually, in pairs and in groups.

Continuation of swimming for the second Year 5 class on Monday afternoons.

Fitness –
Class Teacher
Netball –
Sports Coach



Children recognise what went well in their own and others performance and allow children to listen to information given to help improve their own performance.

All Year 5 pupils receive normal PE lessons.

Rounders –
Class Teacher
Athletics –
Sports Coach



Children combine rounders skills at speed with confidence and purpose, selecting appropriate techniques such as retrieving, intercepting, bowling and hitting while using tactics, teamwork and basic attacking and defending principles in competitive games.

All Year 5 pupils receive normal PE lessons.

YEAR 5

Tag-Rugby –
Class Teacher
Hockey –
Sports Coach



Children combine skills at speed with confidence and control, applying tactics to keep possession or evade opponents, while developing teamwork, rule-keeping and understanding of formations and roles.

Gymnastics 1 –
Class Teacher
Dodgeball –
Sports Coach



Children refine and combine key gymnastic elements into fluent, effective sequences, applying a range of compositional principles confidently when working individually, in pairs and in groups.

Dance –
Class Teacher
Badminton –
Sports Coach



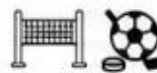
Children explore movement ideas inspired by stimuli, combining patterns using compositional principles to create and perform dances with confidence, rhythm and clarity.

Gymnastics 2 –
Class Teacher
Orienteering –
Sports Coach



Children refine and combine key gymnastic elements into fluent, effective sequences, applying a range of compositional principles confidently when working individually, in pairs and in groups.

Tennis –
Class Teacher
Basketball –
Sports Coach



Children combine tennis skills at speed with confidence and control, selecting effective shots and tactics to outwit opponents while experiencing success through cooperative and competitive rallies.

Cricket –
Class Teacher
Athletics –
Sports Coach



Children combine cricket skills at speed with confidence and purpose, selecting effective techniques such as retrieving, intercepting, bowling and hitting while using tactics, teamwork and basic attacking and defending principles in competitive games.

YEAR 6

Swimming Provision



Year 5 swimming takes place on Monday afternoons and is delivered by a specialist swimming teacher. One Year 5 class attends during Autumn 1 & 2, with the second class attending during Spring 1 & 2. During each block, the non-swimming class follows its normal PE curriculum.

Following Easter, all Year 6 pupils attend a swimming assessment session, with identified non-swimmers receiving additional lessons during Summer 1 & 2.

