



Physical Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS PE Coach	Exploring Locomotion & Balance Explore running, jumping and balancing in playful contexts, developing confidence and body awareness.	Stability & Body Control Develop control when holding shapes, transferring weight and moving at different levels.	Travelling, Rolling & Shaping (Gymnastics) Experiment with travelling, rolling and creating simple movement sequences.	Coordination & Object Control Handle and control equipment using hands and feet with increasing accuracy.	Agility & Spatial Awareness Adjust speed and direction safely while moving in shared spaces.	Running, Jumping & Throwing Foundations (Athletics) Apply fundamental movements in simple athletic challenges.
Year 1 Teacher	Sending & Receiving in Space (Basketball skills) Apply sending and receiving, explore attacking and defending	Personal Movement Challenge Reflect on progress and improving performance	Rhythm & Expression (Dance) Create and perform simple sequences with rhythm and expression	Agility, Balance & Coordination (Multisport) Exploring whilst developing agility, balance and coordination	Cooperative Problem Solving (OAA) Solve simple challenges, develop teamwork and communication	Run, jump, throw (Athletics) Sports day Prep Apply running, jumping and throwing with control and balance
PE Coach	Fundamental Movement Refinement Improve agility, balance and	Run, jump, throw (Athletics) Improve technique and	Maintaining Possession & Creating Space (Basketball skills)	Sending & Receiving in Space	Striking with Control (Cricket skills) Develop control, placement and	Athletic Foundations (Multisport) Apply movement in simple athletic



	coordination through structured tasks	measure personal progress in running, jumping and throwing	Apply sending and receiving, explore attacking and defending	Develop decision-making and simple tactics	consistency when striking	contexts, develop confidence and independence
Year 2 Teacher	Personal Progress & Goal Setting Set simple movement goals and reflect on movement	Maintaining Possession & Defending Space (Basketball skills) Apply sending and receiving; explore attacking and defending	Rhythm & Expression (Dance) Create and perform simple sequences with rhythm and expression	Striking & Tracking Objects (Tennis Skills) Develop control, placement and consistency	Running, Jumping & Throwing for Control (Multisport) Exploring whist developing agility, balance and coordination	Run, jump, throw (Athletics) Sports day Prep Apply running, jumping and throwing with control and balance
PE Coach	Refining Core Movement Patterns Develop fluency in locomotion, balance and coordination	Applying Simple Tactics (Invasion skills) Develop decision-making and simple tactics	Maintaining Possession & Defending Space (Basketball skills) Apply sending and receiving, explore attacking and defending	Cooperative Problem Solving (OAA) Solve simple challenges, develop teamwork and communication	Run, jump, throw (Athletics) Sports Day prep Improve technique and measure personal progress in running, jumping and throwing	Developing Consistency in Striking (Tennis skills) Develop control, placement and consistency when striking



Year 3 Teacher	Cooperative Problem Solving (OAA) Develop problem- solving, teamwork and communication	Creating & Denying Space (Basketball skills) Exploring simple attacking and defending tactics, teamwork and movement	Rhythm & Expression (Dance) Create and perform simple sequences with rhythm and expression	Applying Tactical Movement (Handball skills) Developing attacking and defending tactics, teamwork and movement	Improving Technique & Measuring Progress (Multisport) Exploring whilst developing agility, balance and coordination	Run, jump, throw (Athletics) Sports day Prep Apply running, jumping and throwing with control balance
PE Coach	Creating & Denying Space (Bee Netball Skills) Collectively create simple attacking and defending tactics and apply them to game scenarios	Adapting Team Tactics (Tag Rugby Skills) Collectively create and apply simply attacking and defending tactics.	Adapting Team Tactics (Hockey skills) Collectively create and apply simple attacking and defending tactics to game scenarios	Cooperative Problem Solving (OAA) Solve simple challenges, develop teamwork and communication	Run, jump, throw (Athletics) Sports Day prep Refine technique and execution in performance. Reflect on past performance to set new targets.	Sustaining Rallies with Control (Tennis Skills) Develop consistency in both shot selection and execution.
Year 4 Teacher	Combining Skills in Competitive Contexts (Basketball) Exploring	Cooperative Problem Solving (OAA)	Rhythm & Expression (Dance)	Developing Consistency in Striking	Technical Consistency (Multisport) Refine agility	Run, jump, throw (Athletics) Sports day Prep Apply running, jumping



	attacking and defending tactics, teamwork and movement	Develop leadership, trust and navigation skills	Create and perform simple sequences with rhythm and expression	(Tennis Skills) Develop consistency and shot selection	and spatial awareness	and throwing with control balance
PE Coach	Creating & Denying Space (Bee Netball Skills) Collectively create simple attacking and defending tactics and apply them to game scenarios	Adapting Team Tactics (Tag Rugby Skills) Collectively create and apply simply attacking and defending tactics.	Developing Team Strategies (Hockey skills) Collectively create and apply simple attacking and defending tactics to game scenarios	Cooperative Problem Solving (OAA) Solve simple challenges, develop teamwork and communication	Run, jump, throw (Athletics) Sports Day prep Refine technique and execution in performance. Reflect on past performance to set new targets.	Developing Consistency in Striking (Tennis Skills) Develop consistency in both shot selection and execution.
Year 5 Teacher	Personal Progress & Goal Setting Analyse and apply feedback to improve outcomes.	Cooperative Problem Solving (OAA) Solve complex challenges, demonstrate leadership and problem solving	Rhythm & Expression (Dance) Choreograph and perform sequences with expression and rhythm	Adapting Tactics Under Pressure (Basketball) Apply advanced tactics, leadership and teamwork	Strategic Striking & Team Roles (Rounders) Develop confidence in striking, timing and applying strategies collectively	Run, jump, throw (Athletics) Sports day Prep Refine technique, pacing and goal setting



PE Coach	Tactical Awareness & Leadership (Bee Netball) Apply advanced tactics and decision- making in game and demonstrating leadership skills within their team	Tactical Awareness & Leadership (Tag Rugby) Apply advanced tactics and effective combination in game	Tactical Awareness & Leadership (Hockey) Apply advanced tactics and game understanding to both play and officiate	Run, jump, throw (Athletics) Refine technique and execution in performance . Reflect on past performance to set new targets.	Consistency & Tactical Placement (Tennis) Develop consistency in both shot selection and execution.	Applying Fielding Strategies (Cricket) Working within a collective to apply advanced tactics to in game scenarios
Swimming - Pupils should be taught to: - Swim competently, confidently and proficiently over a distance of at least 25 meters - Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke) - Perform safe self-rescue in different water-based situations.						
Year 6 Teacher	Personal Progress & Goal Setting Analyse and apply feedback to improve outcomes	Cooperative Problem Solving (OAA) Solve complex challenges, demonstrate leadership and	Rhythm & Expression (Dance) Choreograph and perform sequences with expression and rhythm	Strategic Decision-Making in Competition (Basketball) Apply advanced tactics, leadership and teamwork	Strategic Striking & Team Roles (Rounders) Develop confidence in striking, timing and applying strategies collectively	Run, jump, throw (Athletics) Sports day Prep Demonstrate technique, pacing and personal

