

PE Curriculum Overview 2024-2025



Nursery	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Outdoor EYC	Gym EYC	Outdoor EYC	Dance EYC	Outdoor EYC	Gym EYC	Outdoor EYC	Dance EYC	Outdoor EYC	Gym EYC	Outdoor EYC	Dance EYC
PE Knowledge and skills	Move, spatial awareness & climb Balancing, core & transferring		Move, spatial awareness & climb Movement, rhythm & pattern		Move, spatial awareness & climb Balancing, core & transferring		Move, spatial awareness & climb Movement, rhythm & pattern		Move, spatial awareness & climb Balancing, core & transferring		Move, spatial awareness & climb Movement, rhythm & pattern	
Reception	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Yoga	Team Games	Moving & Hand	Balancing	Dance	Throw/Catch	Mov/Hand	Gymnastics	Team Games	Gymnastics	Sports day	Dance
PE Knowledge and skills	Stretch, balance & pose Teamwork, & spatial awareness		Sending, receiving & movement Balancing, core & transferring		Movement, rhythm & pattern Aim, sending & receiving		Sending, receiving & movement Balancing, core & transferring		Teamwork, & spatial awareness Balancing, core & transferring		Running, jumping & throwing. Movement, rhythm & pattern	
Year 1	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Invasion	Yoga	Ball skills	Dance	Gymnastics	Team Games	Invasion	Dance	Stri/Field	Athletics	Ath/OAA*	Gymnastics
PE Knowledge and skills	Tactics, attacking & defending Stretch, balance & pose		Sending, receiving & movement Movement, rhythm & pattern		Balancing, core & transferring Teamwork, & spatial awareness		Tactics, attacking & defending Movement, rhythm & pattern		Striking, sending and receiving. Running, jumping & throwing.		Communication & endurance Balancing, core & transferring	
Year 2	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Team skills	Indoor Ath	Dance	Team games	Invasion	Gymnastics	Invasion	Dance	Athletics	Stri/Field	Gymnastics	Ath/OAA
PE Knowledge and skills	Teamwork, & spatial awareness Running, jumping & throwing.		Movement, rhythm & pattern Teamwork, & spatial awareness		Tactics, attacking & defending Balancing, core & transferring		Tactics, attacking & defending Movement, rhythm & pattern		Running, jumping & throwing. Striking, sending and receiving.		Balancing, core & transferring Communication & endurance	
Year 3	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Gymnastics	Invasion	Invasion	Dance	Stri/Field	Gymnastics	Invasion	Swimming	Athletics	Swimming	Ath/OAA	Swimming
PE Knowledge and skills	Balancing, core & transferring Tactics, attacking & defending		Tactics, attacking & defending Movement, rhythm & pattern		Striking, sending and receiving. Balancing, core & transferring		Tactics, attacking & defending Propulsion and floatation of body		Running, jumping & throwing. Propulsion and floatation of body		Communication & endurance Propulsion and floatation of body	
Year 4	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Invasion	Swimming	Dance	Swimming	Gymnastics	Swimming	Invasion	Gymnastics	Stri/Field	Net games	Ath/OAA	Net games
PE Knowledge and skills	Tactics, attacking & defending Propulsion and floatation of body		Movement, rhythm & pattern Propulsion and floatation of body		Balancing, core & transferring Propulsion and floatation of body		Tactics, attacking & defending Balancing, core & transferring		Striking, sending and receiving. Forehand, backhand & serve.		Communication & endurance Forehand, backhand & serve.	
Year 5	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Invasion	Swimming	Dance	Swimming	Gymnastics	Swimming	Invasion	Gymnastics	Stri/Field	Net games	Ath/OAA	Net games
PE Knowledge and skills	Tactics, attacking & defending Propulsion and floatation of body		Movement, rhythm & pattern Propulsion and floatation of body		Balancing, core & transferring Propulsion and floatation of body		Tactics, attacking & defending Balancing, core & transferring		Striking, sending and receiving. Forehand, backhand & serve.		Communication & endurance Forehand, backhand & serve.	
Year 6	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Gymnastics	Invasion	Dance	Invasion	Gymnastics	Stri/Field	Stri/Field	Swimming	Athletics	Swimming	Ath/OAA	Swimming
PE Knowledge and skills	Balancing, core & transferring Tactics, attacking & defending		Movement, rhythm & pattern Tactics, attacking & defending		Balancing, core & transferring Striking, sending and receiving.		Striking, sending and receiving. Propulsion and floatation of body		Running, jumping & throwing. Propulsion and floatation of body		Communication & endurance Propulsion and floatation of body	

Invasion sports- Netball, hockey, basketball, tag rugby & football **Striking and fielding sports**- Baseball, cricket & rounders **Net sports (racquet sports)**- Tennis, badminton & volleyball. ***OAA**- Outdoor adventure activities

National Curriculum KS1 - Pupils should be taught to: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.

National Curriculum KS2 - Pupils should be taught to: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Perform dances using a range of movement patterns. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

National curriculum swimming- Pupils should be taught to: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.