

These core skills and values will be taught throughout the PE Curriculum

Stages - Typical Year Group	Thinking (HEAD)			Physically Doing (HANDS)		Feeling (HEART)	
	Evaluating & Improving	Leadership	Decision Making	Fitness	Performance	Fair Play	Mindset
	1 - Years 1-2	Describe	Assist	React	Effort	Control	Respect
	2 - Year 3-4	Compare	Manage	Respond	Energy	Precision	Teamwork
	3 -Year 4-5	Analyse	Organise	Influence	Commitment	Fluency	Sporting
4 -- Year 5-6	Evaluate	Lead	Command	Intensity	Creativity	Etiquette	Resilient

7	Gymnastics	2
3	Outdoor Adventurous Activity	0
3	Athletics	0
13	Total	2

Our school PE Motto: ***‘Do your best and let your best get better’*** |
In addition to the topics below, we should always be looking for ways to get children active for an additional 60 minutes each day across the curriculum through brain breaks, promoting healthy choices and activity during free time to develop their physical literacy.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding of individuals and how this influences the way they value and take responsibility for engaging in physical activities for life.

School Games Values - aim to bring to mind and remind pupils of a specific one of these when delivering PE lessons or after school club. *Develop confidence and competence within physical activity/sport skills/Increase regular participation and motivation/Improve knowledge and understanding of sport and physical activity/Build social skills and connections (i.e. sense of belonging)/Championing physical literacy/Improve health and wellbeing (i.e. 60 active minutes)/Engage new/target groups of young people (tackling inequalities)/Provide inclusive opportunities/Promote success and achievement/Supporting transition/Develop leadership, character, life skills/Championing youth engagement.*

PE Area

Swimming
Striking & Fielding
Invasion Games
Dance
Net Games
Gymnastics
Outdoor Adventurous Activity
Athletics

Teachers can replace any topic with alternative topics pitched at appropriate level for the Year Goup eg Golf/ Rugby/ Gaelic Football - Swimming timetable may vary from year to year

FOR MORE DETAILS, PLEASE VISIT THE EARLY YEARS CURRICULUM MAPS ON THE WEBSITE [HERE](#)

Year	Autumn Year 1				Spring Year 1				Summer Year 1				
1	Autumn 1 -		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		
	Fundamental skills and movement		Topic Themed Dance		Gymnastics		Multiskills		SUMMER 1 Bat and ball		Athletics Throwing and Moving		
	Knowledge Skills		Dance		Gymnastics		Gymnastics		Net Games		Athletics		
	Perform basic gymnastic actions like travelling, rolling and jumping	Make up simple movement phrases in response to simple tasks	Follow the leader – jumps, hops, skips	Copy, explore and remember basic movements and body patterns.	To move with purpose and accuracy.	To move in different ways.	Improve speed, agility, balance, coordination, strength and physical fitness.	To move at different speeds, safely	Knowledge tbc	Skills tbc	Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games.	Throw underarm	Perform a variety of throws with basic control.
	Manage the space safely	Link & repeat basic gymnastic actions	Respond to different stimuli with a range of actions	Link movements to sounds and music.	To copy, create and explore different ways of travelling and link a range of movements and shapes, safely	To be able to perform 5 key shapes.	Work well as a team to improve perform	To move into space	With reference to court/net/wall games, do activities to promote and give experience of the following:	Use simple rules fairly and extend them to devise their own games where applicable.	Throw overarm	Perform a variety of throws with basic control.	
	Show good awareness of each other.	Perform movement phrases with control and accuracy	Copy and explore basic body actions demonstrated by the teacher	Respond to a range of stimuli	To develop balance and coordination	To perform one shape after another	• Apply skills learnt throughout the unit in a range of activities.	To know colours and numbers	-describe some basic rules, simple tactics and the way to score;	Recognise good performances in themselves and others and use what they have learned to improve their own work.	Throw at a target	Perform a variety of throws with basic control.	
	Show good awareness of mats		Copy simple movement patterns from each other and explore the movement		Learn and develop the quality of an egg roll.	To link movements		To move using different body parts	Show good awareness of space and the actions of others.		Throw to a partner	Perform a variety of throws with basic control.	
	Show good awareness apparatus		Watch, describe and comment on what they have seen.		Perform basic jumps with quality and control.	To move on different body parts		To balance using different body parts	-Compete in small sided games;		To use drills using running, jogging - switching between the two speeds.	Can run at different speeds.	
					Remember and repeat sequences of gymnastic actions	To participate in a performance		To jump and land safely	-Know playing games is good for them and describe what it feels like.		To run and change direction	Can jump from a standing position.	
					To describe what they have done or seen others doing. • Work well with a partner						To walk backwards.		
See PE Topics 2025-2026	Autumn 1 -		Autumn 2		Spring 1 -		Spring 2		Summer 1		Summer 2		
	Throwing and Catching		Parachute skills		Yoga		Invasion games		Bat and ball		Outdoor Adventurous Activity (Problem solving)		
	Knowledge Skills		Knowledge tbc Skills tbc		Knowledge tbc Skills tbc		Knowledge Skills		Knowledge tbc Skills tbc		Knowledge Skills		
	Hold balls of various sizes in arms and between legs	Move and stop safely.	Hold balls of various sizes in arms and between legs	Move and stop safely.	Consolidate knowledge and skills from Dance 1	Copy, explore and remember basic movements and body patterns.	Explore different ways to use and move with a ball. Show control of a ball with basic actions.	To move fluently	Use basic underarm, rolling and hitting skills accurately.	Show some different ways of hitting, throwing and striking a ball.	Understand how communication can help to solve problems with others. • Begin to plan how to solve problems.		
	-Pass and receive ball to a partner using hands.	Travel in a variety of ways including running and jumping.	-Pass and receive ball to a partner using hands and feet.	Travel in a variety of ways including running and jumping.	Follow the leader – jumps, hops, skips	Link movements to sounds and music.	Send/ pass a ball and successfully catch/stop a ball	Move and stop safely.	Hit and kick a ball in a variety of ways Track, intercept, stop and catch balls and small equipment consistently.	Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points).	• Work independently, as well as cooperatively in small groups. •		
	Pass a ball to partner as part of a simple game or activity	Send and receive a ball from rolling hand and striking with foot.	Pass a ball to partner as part of a simple game or activity	Send and receive a ball from rolling hand and striking with foot.	Respond to different stimuli with a range of actions	Respond to a range of stimuli	Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed.	Send and receive a ball from rolling hand and striking with foot.	Describe some basic rules, simple tactics and the way to score.	Play as a fielder and get the ball back to the stop zone.	Participate in games following rules and playing fairly.		
		Begin to perform a range of throws.		Begin to perform a range of throws.	Copy and explore basic body actions demonstrated by the teacher		Join in with energy and enthusiasm		Show good awareness of space and the actions of others. C	Begin to follow some simple rules (carrying the bat, not over taking someone).	Participate in competition with others, completing a simple orienteering event		
					Copy simple movement patterns from each other and explore the movement		Recognise space in games and use it to your advantage	To stop a ball using hands/foot	Know playing games is good for them and describe what it feels like.	Step 5: To take turns.			
							Understand why being active and playing games is good for you.	To play games.	Watch, describe and comment on what they have seen.	Step 6: To understand basic features on a map.			
										Orienteering 2026-2027			

Year	Autumn Year 2				Spring Year 2				Summer term Year 2			
YEAR 2 See PE Topics 2025-2026	Autumn 1 - Jump Rope (Class teacher)		Autumn 2 - Gymnastics (Class teacher)		Spring 1 - Dance - English Country Dance (Class teacher)		Spring 2 - Tennis (Class teacher)		Summer 1 - Outdoor Adventurous Activities (Class teacher)		Summer 2 - Teacher: Athletics	
	Fundamental Gym Skills (Jump rope)		Gymnastics		English Country Dancing (Spring 1)		Send and receive (Tennis)		Adventurous Activity (Class teacher)		Athletics (Summer 2)	
	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills
	to make different basic shapes with our bodies	Perform a range of balances	Explore combinations of mats and benches, and find different ways of using a shape or balance	Plan and perform a movement sequence using different shapes or balances	Explore ideas, moods and feelings by improvising, and by experimenting with the following:	Describe a short dance using appropriate vocabulary.	Focus on throwing and catching. Play games based on net games (like tennis, volleyball and dodgeball)	Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still (Edit typically a beanbag or large ball)	Orienteering 2026-2027		Drills and activities which lead to the acquiring of skills in adjacent columns:	Confidently send the ball to others in a range of ways.
	Play games which incorporate different balance poses eg Dog pointer, sitting horse, star pose.	Jump with one and two feet	Explore combinations of mats and apparatus, and find different ways of travelling	Plan and perform a movement sequence using different ways of travelling, shapes and balances	Actions in response to music	Respond imaginatively to stimuli using a range of actions i.e. skipping, clapping, moving left, right, forwards, backwards.	Children have an opportunity to play in uneven sided drills	Perform basic skills of rolling, striking and kicking with control. Use a variety of simple tactics in a small sided game.	Begin to start planning to solve problems (Primary PE Planning lesson 1)	Work as part of a team to solve problems	Simple drills and activities which focus on:	Begin to apply and combine a variety of skills (to a game situation).
	Play jumping games like "Island Hop" which use mats and encourage take off and landing with combinations of one or both feet.	Skip with a long rope held by partners.	Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel at a variety of levels.	Plan and perform a movement sequence using different ways of travelling, shapes and balances	Key movements in response to music	Learn how to perform a left/right hand turn and a two handed swing	eg 1 v 1, 1 v 2, and 1 v 3. Attack & Defence Play running and avoiding games.	Show an awareness of opponents and team mates during games.	(Parachutes)Begin to solve problems with others(Primary PE Planning lesson 2)	To share and take turns	Dribbling	Develop strong spatial awareness.
	Play skipping games with a long rope such as silencing snakes.	Skip with two feet	Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel at a variety of levels.	Plan and perform a movement sequence showing contrasts in shape, speed and level.	Dynamics in response to music	Perform the choreography to a short routine within a structured dance	Explain how practising skills can help you feel warmer and why it is good to play and get out of breath.	Describe the differences in the way their body works and feels when playing different games.	(Scavenger Hunt)Begin to start understand the competitive side of orienteering (Primary PE Planning lesson 3)	Work co-operatively as part of a team	Passing	Begin to develop own games with peers.
	Children practise jumping with individual ropes and develop a range of skipping techniques	Skip using a step	Practise an action or short sequence of movements, and improve the quality of the actions and transitions	Devise and perform a gymnastic sequence, showing a clear beginning, middle and end	Directions, levels and a growing range of possible movements	With a partner, perform as part of an extended group			PE-Thinking about Teaching Orienteering		Shooting	Understand the importance of rules in a game.
	Children practise jumping with individual ropes and develop a range of skipping techniques	Skip and move simultaneously	Show control, accuracy and fluency of movement when performing actions	Work well on their own, showing an improvement in control, balance and speed.		Follow the steps to a structured dance	Participate in team games.	Begin to watch others and focus on specific actions to improve own skills.	Begin to understand compass direction points (Primary PE Planning lesson 4)	To communicate clearly as part of a team	Turning with the ball	Develop simple tactics and use them appropriately.
							Pass and receive a ball in different ways with control and increased accuracy.		To learn basic map reading (Primary PE Planning lesson 4 but with the locations marked on a map given to the children)	To begin to understand map symbols and represent places on a map		Begin to develop an understanding of attacking / defending.
									To solve problems (spelling context) using orienteering course (Niche 'What day is it?') Can do alternative activities from Niche	To combine physical activity with other curriculum areas		
	Autumn 1 - PPA Cover		Autumn 2 - PPA Cover		Spring 1 - PPA Cover		Spring 2 - PPA Cover		Summer 1 - (Class teacher)		Summer 2 - PPA Cover	
	Fitness Year 2		Topic Themed Dance (Samba)		Football		Basketball		Hockey Y2		Cricket	
	Knowledge	Gym	Knowledge	Skills	Knowledge	Invasion Games	Knowledge	Skills	Knowledge	Invasion Games	Knowledge	Skills
			Link several movements together with control and co-ordination	Copy and explore basic movements with clear control.	Drills and activities which lead to the acquiring of skills in adjacent columns:	Confidently send the ball to others in a range of ways. (2i)	Drills and activities which lead to the acquiring of skills in adjacent columns:	Confidently send the ball to others in a range of ways. (2i)	Drills and activities which lead to the acquiring of skills in adjacent columns:	Confidently send the ball to others in a range of ways. (2i)	Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still.	Send a ball off a tee using a bat or a racket.
	Improve speed and agility - develop jumping technique safely (Primary PE Planning lesson 1)	How to land safely after jumping with a variety of jumps eg 1 foot to two feet	Talk about different stimuli as the starting point for creating dance phrases and short dances	Very levels and speed in sequence and the size of body shapes.	Simple drills and activities which focus on:	Begin to apply and combine a variety of skills (to a game situation). (2ii)	Simple drills and activities which focus on:	Begin to apply and combine a variety of skills (to a game situation). (2ii)	Simple drills and activities which focus on:	Begin to apply and combine a variety of skills (to a game situation). (2ii)	Perform basic skills of rolling, striking and kicking with control. Use a variety of simple tactics in a small sided game.	Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops.
	Develop balance and coordination when completing a variety of tasks- gain height and distance when jumping. (Primary PE Planning lesson 2)	Understand why balance is important - Use arms and knees to gain height and distance	Explore actions in response to stimuli	Add change of direction to a sequence.	Dribbling	Develop strong spatial awareness. (2iii)	Dribbling	Develop strong spatial awareness. (2iii)	Dribbling	Develop strong spatial awareness. (2iii)	Show an awareness of opponents and teammates during games.	Stop moving when the 'bowler' has the ball.
	Develop balance, control and coordination (Primary PE Planning lesson 3)	Develop correct jumping technique whilst moving at speed			Passing	Begin to develop own games with peers. (2iv)	Passing	Begin to develop own games with peers. (2iv)	Passing	Begin to develop own games with peers. (2iv)	Describe the differences in the way their body works and feels when playing different games.	Play as a fielder and get the ball back to the stop zone.
	Develop team work (Primary PE Planning lesson 4)	use various modes of travel in team games			Shooting	Understand the importance of rules in a game. (2v)	Shooting	Understand the importance of rules in a game. (2v)	Shooting	Understand the importance of rules in a game. (2v)	Begin to watch others and focus on specific actions to improve own skills.	Begin to follow some simple rules (e.g. carrying the bat, not overtaking someone)
	Develop speed and stamina (Primary PE Planning lesson 5)	To be able to show knowledge and understanding of speed and stamina- Discuss healthy food choices			Turning with the ball	Develop simple tactics and use them appropriately. (2vi)	Turning with the ball	Develop simple tactics and use them appropriately. (2vi)	Turning with the ball	Develop simple tactics and use them appropriately. (2vi)		
	To maintain high intensity in various activities (Primary PE Planning lesson 6)	To show increased stamina in a variety of activities				Begin to develop an understanding of attacking / defending (2 vii)		Begin to develop an understanding of attacking / defending (2 vii)		Begin to develop an understanding of attacking / defending (2 vii)		



3	Autumn Year 3				Spring Year 3				Summer Year 3			
	Autumn 3 - Teacher		Autumn 2 -		Spring 1 -		Spring 2 -		Summer 1 -		Summer 2 - T	
	Gym		Themed Dance		Football		Netball		Dance		Athletics	
	Gymnastics		Dance		Invasion games		Invasion games		Dance		Athletics	
	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills
	Balance	Using apparatus to explore movement and balance	Improvise freely with a partner translating ideas from stimuli to movement.	Begin to improvise both independently and with a partner to create a simple dance routine.	To understand movement and space in a game context.	Understand simple tactics and composition by starting to vary how they respond.	To understand movement and space in a game context.	Understand simple tactics and composition by starting to vary how they respond.	Improvise freely with a partner translating ideas from stimuli to movement.	Begin to improvise both independently and with a partner to create a simple dance routine.	Develop awareness of speed and pace judgement	Begin to run at speeds appropriate for the distance.
	Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel	Using ropes to develop technique and stretch	show an imaginative response to different stimuli through their use of language and choice of movement	Translate ideas from stimuli into a movement with support.	pass and receive) a ball in a variety of ways combined with movement	Begin to communicate with others during game situations.	Throw and catch (pass and receive) a ball in a variety of ways combined with movement from the receiver.	Begin to communicate with others during game situations.	show an imaginative response to different stimuli through their use of language and choice of movement	Translate ideas from stimuli into a movement with support.	Develop a range of jumping techniques	Can perform a running jump with some accuracy.
	practise an action or short sequence of movements, and improve the quality of the actions and transitions		incorporate different qualities and dynamics into their movement	Vary levels and speed in sequence and the size of body shapes.	To incorporate apparatus such as bats etc as part of an invasion game where appropriate.	Begin to understand how to compete with each other in a controlled manner.	To incorporate apparatus such as bats etc as part of an invasion game where appropriate.	Begin to understand how to compete with each other in a controlled manner.	incorporate different qualities and dynamics into their movement	Vary levels and speed in sequence and the size of body shapes.	Throw to a partner using tennis balls	Perform a variety of throws using a selection of equipment.
	show control, accuracy and fluency of movement when performing actions		explore and develop new actions while working with a partner or a small group	Begin to compare and adapt movements and motifs to create a longer sequence.	To begin to use tactics in an invasion game context.	Begin to select resources independently to carry out different skills.	To begin to use tactics in an invasion game context.	Begin to select resources independently to carry out different skills.	explore and develop new actions while working with a partner or a small group	Begin to compare and adapt movements and motifs to create a longer sequence.	Throw tennis ball and javelin from distance from standing	Can use equipment safely with good control.
				Use simple dance vocabulary to compare and improve work.	To do drills which focus on moving into space to receive a ball. -To begin to apply these skills to a game context	Make a series of passes to team mates moving towards a scoring area. Show some signs of using a variety of ways of passing eg a chest, bounce and overarm arm pass ; Know where space is and try to move into it. Know to mark another player and defend when needed.	To do drills which focus on moving into space to receive a ball. -To begin to apply these skills to a game context	Make a series of passes to team mates moving towards a scoring area. Show some signs of using a variety of ways of passing eg a chest, bounce and overarm arm pass ; Know where space is and try to move into it. Know to mark another player and defend when needed.		Use simple dance vocabulary to compare and improve work.		
	Autumn 1 -		Autumn 2 -		Spring 1 -		Spring 2 -		Summer 1 -		Summer 2 -	
	Tennis		Basketball		Volleyball/badminton		Gym		Hockey		Cricket	
	Net games		Invasion games		Net games		Gymnastics		Invasion games		Striking & fielding	
	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills
	With reference to court/net/wall games, do activities to promote and give experience of the following: Throw and hit with control when under limited pressure to keep possession and score goals.	Throw and catch with control when under limited pressure.	To understand movement and space in a game context.	Understand simple tactics and composition by starting to vary how they respond.	With reference to court/net/wall games, do activities to promote and give experience of the following: Throw and catch with control when under limited pressure to keep possession and score points.	Throw and catch with control when under limited pressure.	Perform a competent forward roll, rug roll, shoulder roll	Plan and perform a movement sequence showing contrasts in speed, level and direction.	To understand movement and space in a game context.	Understand simple tactics and composition by starting to vary how they respond.	Children will be taught to:	throw and catch under pressure.
	Use simple rules fairly and extend them to devise their own games.	Use simple rules fairly and extend them to devise their own games.	Throw and catch (pass and receive) a ball in a variety of ways combined with movement from the receiver.	Begin to communicate with others during game situations.	Throw and catch with control when under limited pressure to keep possession and score points.	Use simple rules fairly and extend them to devise their own games.	Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel	devise and perform a gymnastic sequence, showing a clear beginning, middle and end	Throw and catch (pass and receive) a ball in a variety of ways combined with movement from the receiver.	Begin to communicate with others during game situations.	Throw and catch with control when under limited pressure to keep possession and score points.	Use fielding skills to stop the ball effectively.
	Identify that playing extended games improves their stamina.	Identify that playing extended games improves their stamina.	To incorporate apparatus such as bats etc as part of an invasion game where appropriate.	Begin to understand how to compete with each other in a controlled manner.	Use simple rules fairly and extend them to devise their own games.	Identify that playing extended games improves their stamina.	practise an action or short sequence of movements, and improve the quality of the actions and transitions	adapt a sequence to include different levels, speeds or directions	To incorporate apparatus such as bats etc as part of an invasion game where appropriate.	Begin to understand how to compete with each other in a controlled manner.	Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding	To strike a ball (with equipment)
	Identify that playing extended games improves their stamina.	Recognise good performances in themselves and others and use what they have learned to improve their own work.	To begin to use tactics in an invasion game context.	Recognise good performances in themselves and others and use what they have learned to improve their own work.	Identify that playing extended games improves their stamina.	Recognise good performances in themselves and others and use what they have learned to improve their own work.	show control, accuracy and fluency of movement when performing actions	work well on their own and contribute to pair sequences	To begin to use tactics in an invasion game context.	Begin to select resources independently to carry out different skills.	Recognise good performances in themselves and others and use what they have learned to improve their own work.	Play in a game and work as a team, using tactics in order to beat another team.
	Recognise good performances in themselves and others and use what they have learned to improve their own work.		To do drills which focus on moving into space to receive a ball. -To begin to apply these skills to a game context	Make a series of passes to team mates moving towards a scoring area. Show some signs of using a variety of ways of passing eg a chest, bounce and overarm arm pass ; Know where space is and try to move into it. Know to mark another player and defend when needed.	Recognise good performances in themselves and others and use what they have learned to improve their own work.	Choose and use a range of simple tactics for defending and challenging their opponent for net /court games.			To do drills which focus on moving into space to receive a ball. -To begin to apply these skills to a game context	Make a series of passes to team mates moving towards a scoring area. Show some signs of using a variety of ways of passing eg a chest, bounce and overarm arm pass ; Know where space is and try to move into it. Know to mark another player and defend when needed.	Begin to understand the importance of warming up.	Apply some rules to games.
	Choose and use a range of simple tactics for defending and challenging their opponent for net /court games.		To move a ball whilst keeping it under control						To do move a ball whilst keeping it under control	Know where space is and try to move into it. Know to mark another player and defend when needed.		

4	Autumn Year 4				Spring Year 4				Summer Year 4			
	Autumn 1 -		Autumn 2 -		Spring 1 -		Spring 2 -		Summer 1 -		Summer 2 -	
	Handball		Golf		Tennis		Gymnastics		Swimming		Swimming	
	Invasion Games		Striking and Fielding				Invasion Games		Swimming		Swimming	
	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills (Swim England Stage 7)	Knowledge	Skills (Swim England Stage 7)
	Participate in drills which focus on the following:	Show confidence in using ball skills in various ways, and can link these together e.g. dribbling, bouncing, kicking.	Understand the importance of accuracy when chipping.	To successfully hit the target using a putt shot.	Understand net/wall tactics: placing shots away from opponents to score.	Adopt a balanced ready position between incoming shots.	Understand how to combine balances, rolls, and jumps into extended sequences.	Perform inverted balances (e.g., shoulder stand, tripod) holding for 3+ seconds.	Swimming taught by external qualified instructor/teacher		Swimming taught by external qualified instructor/teacher	
	controlling a ball at different speeds	Take part in competitive games with an understanding of tactics and composition.		To play putting games.	Understand court lines, service boxes, and self-scoring rules.	Perform forehand groundstrokes with consistent contact and follow through.	Know core mechanical principles of body tension, alignment, and balance.	Execute a controlled backward roll finishing on feet.	Perform drills and activities to enable achievement of the following skills taken from Swim England 7 stages of Swimming		Perform drills and activities to enable achievement of the following skills taken from Swim England 7 stages of Swimming	
	send and receive a ball and keep possession	Develop simple tactics and use them appropriately.	Explore the skills required to play golf successfully.	To develop the chip shot.	Know how varying shot pace, height, and angle affects an opponent's return.	Perform backhand groundstrokes with control over direction.	Understand safety rules for equipment setup, spacing, and landing.	Perform a variety of explosive jumps (tuck, star, half-turn) with safe landings.	These will be adapted as appropriate to the ability of the child/children		These will be adapted as appropriate to the ability of the child/children	
	-develop control and accuracy when passing	Use a variety of passes (appropriate to basketball) eg chest pass, bounce pass and overhead pass etc. to support team scoring.		To compete in target games	Understand the ready position and footwork required to cover the court.	Execute an underhand serve into the diagonal target area.	Understand how contrasting levels, pathways, and speeds enhance sequences.	Mount and dismount apparatus with control and proper landing shape.	n			
	develop passing and receiving whilst progressing towards a target	Identify space to move into and show a clear target to receive a pass. Mark another player and begin to attempt interceptions. Know where positions are appropriate	See PE PLANNING		Recognise when to play an attacking shot versus a defensive return.	Track ball flight early and adjust footwork to meet the ball	Know how weight transference supports smooth transitions between shapes.	Link floor and apparatus movements using smooth transitions.				
		Keep ball under control when receiving a range of passes from team.	Autumn 2:		Understand principles of fair play and line calls.	Direct groundstrokes into open court space deliberately.	Understand how to evaluate sequence quality using key aesthetic criteria.	Perform partner balances showing clear weight sharing or counter-balance.				
		Move with speed (and change of) with the ball and without.							Summer 1 - PPA		Summer 2 -	
	Autumn 1: Round Cricket		Basketball		Spring 1 -		Spring 2 -		Rounders		Athletics	
	Knowledge	Skills	Knowledge	Skills	Dance		Badminton		Striking & fielding		Running, jumping and Throwing	
	To understand the scoring systems, ways of getting out and basic rules	Execute controlled straight drives and pull shots into open space	Participate in drills which focus on the following:	Show confidence in using ball skills in various ways, and can link these together e.g. dribbling, bouncing, kicking.	Motif Development: Combining and repeating a series of movements to form a structured dance routine.		Understand court boundary lines, service boundaries, and scoring rules.		Change pace, length and direction to outwit their opponent.	To develop the range of Cricket/rounders/etc skills they can apply in a competitive context	Develop running over a distance	Begin to build a variety of running techniques .
	Understand the distinct roles of batter bowler, fielder and wicket keeper	Bowl underarm with consistent line and length towards a target wicket.	controlling a ball at different speeds	Take part in competitive games with an understanding of tactics and composition.	Dynamics and Expression: Varying the speed, tension, and flow of movement to create different moods or styles.		Know tactical differences between playing short drop shots and deep clears.		Choose and use a range of ball skills with a good degree of accuracy.	To begin to use correct technique when catching (make a basket, cross little fingers, bring to chest).	Run over a distance	Run over a distance
	Know how to position fielders as a team to cover space and restrict runs	Bowl overarm using a basic straight-arm action.	send and receive a ball and keep possession	Develop simple tactics and use them appropriately.	Performance Quality: Demonstrating control, balance, and core strength while executing movements precisely.		Execute legal underhand serves landing in the correct diagonal box.		To begin to develop proper technique for Striking & fielding.	To be able to begin deciding on placement of strike to benefit self and team.	Experiment with integrating variety in running eg skipping, hopping etc hurdles	Demonstrate accuracy in throwing and catching activities.
	Understand how hit placement into open ground increases run opportunities.	Demonstrate the two-handed barrier technique to stop moving balls.	develop control and accuracy when passing	Use a variety of passes (appropriate to basketball) eg chest pass, bounce pass and overhead pass etc. to support team scoring.	Begin to vary dynamics and develop actions and motifs.		Understand how forehand and backhand grips alter racket head angle.		Understand how strength, stamina and speed can be improved by playing games	To choose and use a range of simple tactics in isolation and in a game setting.	To be able to triple jump (hop skip and jump).	Can use equipment safely and with good control.
	Know the proper stance and grip required for effective control when batting	Perform accurate overarm throws from the boundary to the wicket/keeper.	develop passing and receiving whilst progressing towards a target	Identify space to move into and show a clear target to receive a pass.	Demonstrate rhythm and spatial awareness.		Recognise central base position recovery after hitting a shot.		Identify good performances and suggest ideas for practices that will improve their play	To consolidate existing striking skills and apply with consistency.	To throw a tennis ball to a partner to catch over a short distance.	
	Recognize when to attempt a run and when to hold position safely.	Catch high and low balls using proper hands-together technique.		Mark another player and begin to attempt interceptions.	Know where positions are appropriate		Know the diagonal serving rules and service box limits.					
	Understand how to play fairly and respect umpire decisions.	Communicate clearly with a batting partner when calling for runs.		Know where positions are appropriate	Keep ball under control when receiving a range of passes from team.		Understand how to outwit opponents by exploiting open court space.					
	To understand movement and space in a game context.			Keep ball under control when receiving a range of passes from team.	Move with speed (and change of) with the ball and without.		Use a variety of techniques and tactics to attack, keep possession and score.					
				Move with speed (and change of) with the ball and without.	Begin to evaluate their performance		Maintain continuous rally play using varied shot selection					

	Autumn Year 5				Spring Year 5				Summer Year 5			
	Autumn 1 -		Autumn 2 -		Spring 1 -		Spring 2 -		Summer 1 -		Summer 2 -	
	Netball y5		Gymnastics		Themed Dance		Volleyball		O A A : Orienteering		Golf	
	Invasion games		Gymnastics		Dance		Net games		Outdoor Adventurous Activity		Striking & fielding	
	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills
5	Participate in drills (Using one-sided hockey stick when playing netball which focus on	Take part in competitive games with a strong understanding of tactics and composition.	Perform a competent forward roll, tag roll, shoulder roll as part of group and from dismount	Plan and perform a movement sequence showing contrasts in speed, level and direction.	Knowledge	Skills	With reference to court/net/wall games, do activities to promote and give experience of the following:Participate in drills which focus on:	Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control.	To play games of pelmanism with cones. See orienteering link below	Develop strong listening skills.	Understand the technique to be able to chip at different heights.	To successfully hit the target when putting and chipping
	-dribbling/ moving ball forward under control	Develop less simple tactics and use them appropriately.	Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel	devise and perform a gymnastic sequence, showing a clear beginning, middle and end	Pa Experience with a wide range of actions varying and combining spatial patterns	Begin to exaggerate dance movements and motifs (using expression when moving)	Controlling a ball	Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations.	To develop draft map of the school grounds.	Use and interpret maps.	Hit a ball with increasing control from a tee and progress to without a tee.	To develop the drive technique.
	- pass with accuracy	Use a variety of passes (egbounce, chests--- as appropriate to netball	practise an action or short sequence of movements, and improve the quality of the actions and transitions	adapt a sequence to include different levels, speeds or directions	-perform a variety of dance styles	Demonstrate strong movements throughout a dance sequence.	Moving to return a ball to an opponent	Understand why exercise is good for their fitness, health and wellbeing .	To play simple games involving orienteering and cones using general memory.	Think activities through and problem solve using general knowledge.	Apply both the putting and chipping techniques to competitive games.	To develop the techniques of the different shots on more difficult courses.
	-Shoot at a goal/target with accuracy	Defend a player and make some successful interceptions when playing as a team.	show control, accuracy and fluency of movement when performing actions (partner work)	work well on their own and contribute to pair sequences	- Extend above to working in a group	Combine flexibility, techniques and movements to create a fluent sequence.	Use a small range of sending, receiving and travelling techniques in games, with varied control.	With help, devise warm up and cool down activities and justify their choices	To play orienteering in school grounds where specific cones are identified on a map.	Choose and apply strategies to solve problems with support.	See PE PLANNING	Identify what you need to practice improving your performance.
	- accurately pass when moving	See space and use it effectively.			Begin to show a change of pace and timing in movements.	See space and use it effectively.	Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control.	Evaluate performances with increasingly accurate use of technical vocabulary	To find specific points on a self-made map when given grid references .	Discuss and work with others in a group.		
	- to "tackle" correctly	Lose a defender to receive a pass.					Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations.		Orienteering 2026-2027	Demonstrate an understanding of how to stay safe.		
	-to attack and defend as part of a team in a game situation						Understand why exercise is good for their fitness, health and wellbeing .			Extension -To develop and refine orienteering and problem solving skills when working in groups and on their own.	Begin to develop the driving technique.	
	With help, devise warm up and cool down activities and justify their choices.						With help, devise warm up and cool down activities and justify their choices.				Increase accuracy and distance when practicing the driving technique and participate	
											Throw and catch under pressure. Use fielding skills to stop the ball effectively.	
	Autumn 1 -		Autumn 2 -		Spring 1 -		Spring 2 -		Summer 1 -		Summer 2 -	
	Football y5		Dodgeball		Invasion games Basketball		Tag Rugby		kwik cricket		Athletics	
	Invasion games		Net Games		Invasion games		Invasion games		Striking & fielding		Athletics	
	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills
	Participate in drills which focus on using both feet	Take part in competitive games with a strong understanding of tactics and composition.	Controlling a ball	Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control.	Move in a bounded area with a ball	-Confidently send the ball to others in a range of ways.	Participate in drills which focus on	Take part in competitive games with a strong understanding of tactics and composition.	Children will be taught to:	To link together a range of skills and use in combination (eg catching/ fielding / throwing)	Develop awareness of speed and pace judgement	Begin to run at speeds appropriate for the distance.
	-dribbling/ moving ball forward under control	Develop less simple tactics and use them appropriately.	Moving to return a ball to an opponent	Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations.	Throw and catch a ball in a variety of ways	-Develop simple tactics and use them appropriately. -	-dribbling/ moving ball forward under control	Develop less simple tactics and use them appropriately.	Use a small range of sending, receiving and travelling techniques in games, with varied control.	Correctly use technique when catching (make a basket, cross little fingers, bring to chest).	Develop a range of jumping techniques	Can perform a running jump with some accuracy.
	- pass with accuracy	Use a variety of passes (eg slap or push pass--- as appropriate to hockey)	Use a small range of sending, receiving and travelling techniques in games, with varied control.	Understand why exercise is good for their fitness, health and wellbeing .	Play simple invasion games with balls/ bean bags	Begin to develop an understanding of attacking / defending.X can pass a ball to a partner.	- pass with accuracy	Use a variety of passes --- as appropriate to tag rugby	Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control.	To collaborate as a team to choose, use and adapt rules in games.	Throw to a partner using tennis balls	Perform a variety of throws using a selection of equipment.
	-Shoot at a goal/target with accuracy	Defend a player and make some successful interceptions when playing as a team.	Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control.	Evaluate performances with increasingly accurate use of technical vocabulary	-Pass ball/similar to a partner.	- X can receive a ball from a pass and control it	-Shoot at a goal/target with accuracy	Defend a player and make some successful interceptions when playing as a team.	Know and apply the basic strategic and tactical principles of various games and adapt them to different situations.	To be able to begin attempting more difficult placement of strikes to benefit self and team.	Throw tennis ball and javelin from distance from standing	Can use equipment safely with good control.
	- accurately pass when moving	See space and use it effectively.	Know and apply the basic strategic and tactical principles of a various games and adapt them to different situations.	Understand why exercise is good for their fitness, health and wellbeing .	Receive ball and catch/control it	X can shoot at a goal or target	- accurately pass when moving	See space and use it effectively.	Understand why exercise is good for their fitness, health and wellbeing .	Begin to use the bowling/ throwing action correctly.		
	- to tackle correctly	Lose a defender to receive a pass.	Understand why exercise is good for their fitness, health and wellbeing .		-Move the ball forwards (dribbling where applicable)	X can keep a ball under control whilst (moving it slowly if applicable)	- to tackle correctly	Lose a defender to receive a pass.	With help, devise warm up and cool down activities and justify their choices.	To recognise how some aspects of fitness apply to cricket/rounders etc e.g. power, flexibility and cardiovascular endurance.		
	-to attack and defend as part of a team in a game situation		With help, devise warm up and cool down activities and justify their choices.		-Play games where a ball can be intercepted		-to attack and defend as part of a team in a game situation			Link together a range of skills and use in combination.		
	With help, devise warm up and cool down activities and justify their choices.									Collaborate as a team to choose, use and adapt rules in a game.		
										Throw and catch under pressure. Use fielding skills to stop the ball effectively.		

Autumn Year 6				Spring Year 6				Summer Year 6			
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Tennis		Football		Hockey		Dance		O A A (Residential Trip)		Rounders	
Net games		Invasion Games		Invasion games		Dance		Outdoor Adventurous Activity		Striking & fielding	
Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Rounders
With reference to court/net/wall games, do activities to promote and give experience of the following: Perform skills with greater speed, fluency and accuracy in net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Know the importance and types of fitness and how playing games contributes to a healthy lifestyle. Develop their ability to evaluate their own and others' work, and to suggest ways to improve it.	Perform skills with greater speed, fluency and accuracy in net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Know the importance and types of fitness and how playing games contributes to a healthy lifestyle. Develop their ability to evaluate their own and others' work, and to suggest ways to improve it.	Knowledge Participate in drills which hone and refine those taught in Year 5 for increased speed, proficiency when under pressure in a game situation. Football drills which focus on: Dribbling / moving ball forward under control Pass with accuracy Shoot at a goal/target with accuracy Accurately pass when moving To tackle correctly To attack and defend as part of a team in a game situation Movement off the ball to receive a pass Participate in drills which hone and refine those taught in Year 5 for increased speed, proficiency when under pressure in a game situation. Football drills which focus on: Dribbling / moving ball forward under control	Skills Show confidence in using ball skills in various ways, and can link these together effectively e.g. Dribbling, kicking. Keep possession of balls during game situations. Consistently use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Use running, controlling, passing the ball in isolation and in combinations. Know which pass is best to use and when in a game. Draw defender away to create space for self or team. Position body to defend effectively, making successful interceptions. Be able to pass and receive a pass at speed in a game situation. Keep possession of balls during game situations. Consistently use skills with coordination, control and fluency.	Participate in drills which hone and refine those taught in Year 5 for increased speed, proficiency when under pressure in a game situation. (Using one-sided hockey stick when playing hockey) which focus on: -dribbling / moving ball forward under control - pass with accuracy - shoot at a goal/target with accuracy - accurately pass when moving - to tackle correctly - to attack and defend as part of a team in a game situation - movement off the ball to receive a pass Evaluate performances using appropriate technical vocabulary	Show confidence in using ball skills in various ways, and can link these together effectively e.g. Dribbling, passing, controlling Keep possession of balls during game situations. Consistently use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Know which pass is best to use and when in a game. Draw defender away to create space for self or team. Position body to defend effectively, making successful interceptions. Be able to pass and receive a pass at speed in a game situation. Play effectively in attack and defence. Support player with the ball. Evaluate performances using appropriate technical vocabulary	explore, improvise and choose appropriate material to create new motifs in a chosen dance style respond to a range of stimuli, improvising freely using a range of controlled movements and patterns Perform with confidence, using a range of movement patterns, and rhythm Demonstrate a strong imagination when creating own dance sequences and motifs. Demonstrate strong movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus. Begin to show a change in pace and timing in movements.	Exaggerate dance movements and motifs (using expression when moving. Orienteering 2026-2027 Use and interpret maps. Think activities through and problem solve using general knowledge. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrate an understanding of how to stay safe. To decide what approach to use to meet the challenge set. To adapt their skills and understanding as they move from familiar to unfamiliar environments. To understand how the challenge of outdoor and adventurous activities can help their fitness, health and wellbeing.	This topic will largely be pursued during Year 6 residential trip and will be adapted to prevailing local conditions as appropriate. eg surfing Develop strong listening skills. Perform skills with greater speed, fluency and accuracy in, Striking & fielding games. Practise and rehearse game specific techniques (eg batting stance) Understand, choose and apply a range of tactics and strategies for defence and attack. Know the importance and types of fitness and how playing games contributes to a healthy lifestyle. Develop their ability to evaluate their own and others' work, and to suggest ways to improve it.	Children will be taught to: To attempt a small range of shots in isolation and in a competitive scenario. To use a range of tactics for attacking and defending in a role of bowler, batter and fielder. Correctly and consistently use technique when catching (make a basket, cross little fingers, bring to chest) Throw and catch under pressure. To recognise how some aspects of fitness apply to games e.g. power, flexibility and cardiovascular endurance. Understand game specific technique (s) and requirements (eg in cricket use the bowling action correctly and consistently (eat the apple and create C with straight arm)	To attempt a small range of shots in isolation and in a competitive scenario. To use a range of tactics for attacking and defending in a role of bowler, batter and fielder. Correctly and consistently use technique when catching (make a basket, cross little fingers, bring to chest) Throw and catch under pressure. To recognise how some aspects of fitness apply to games e.g. power, flexibility and cardiovascular endurance. Understand game specific technique (s) and requirements (eg in cricket use the bowling action correctly and consistently (eat the apple and create C with straight arm)	

tennis

Show control, coordination and consistency when throwing and catching a ball.	Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique
Hit a ball with increasing control from a tee and progress to without a tee. Take up spaces/positions that make it difficult for the opposition.	Intercept and stop the ball consistently. Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. Identify what you need to practice improving your performance.

Gymnastics Y 6

Participate in drills which hone and refine those taught in Year 5 for increased speed, proficiency when under pressure in a game situation. Basketball drills and games which focus on: -dribbling / moving ball forward under control - pass with accuracy -Shoot at a goal/target with accuracy -accurately pass when moving - to tackle correctly -to attack and defend as part of a team in a game situation Movement off the ball to receive a pass Evaluate progress of themselves and others.	Show confidence in using ball skills in various ways, and can link these together effectively e.g. Dribbling, bouncing , passing, catching. Keep possession of balls during game situations. Consistently use skills with coordination, control and fluency. Take part in competitive games with a strong understanding of tactics and composition. Use running, jumping, controlling, throwing and catching in isolation and in combinations. Know which pass is best to use and when in a game. Draw defender away to create space for self or team. Position body to defend effectively, making successful interceptions. Be able to pass and receive a pass at speed in a game situation. Play effectively in attack and defence. Support player with the ball. Evaluate performances using appropriate technical vocabulary
--	---

y1 dance sp 1

With reference to court/net/wall games, do activities to promote and give experience of the following: -describe escribe some basic rules, simple tactics and the way to score; -Show good awareness of space and the actions of others. -Compete in small sided games; -know playing games is good for them and describe what it feels like.	Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding and net games. Use simple rules fairly and extend them to devise their own games where applicable. Recognise good performances in themselves and others and use what they have learned to improve their own work.
---	--

Use basic underarm, rolling and hitting skills accurately. Hit and kick a ball in a variety of ways . Track, intercept, stop and catch balls and small equipment consistently. With reference to invasion, do activities to promote and give experience of the following: -describe escribe some basic rules, simple tactics and the way to score; -Show good awareness of space and the actions of others. -Compete in small sided games; -know playing games is good for them and describe what it feels like.	Throw and catch with control when under limited pressure to keep possession and score Choose and use a range of simple tactics for defending and challenging their opponent for invasion Use simple rules fairly and extend them to devise their own games where applicable. Recognise good performances in themselves and others and use what they have learned to improve their own work.
--	--