

PE & Games Curriculum Overview

Pound Pill 2026-27

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical development 	Body Management Unit 1 Explore balance and managing own body including manipulating small objects; stretch, reach and extend in a variety of ways and positions; control body and perform specific movements on command.	Body Management Unit 2 Explore a variety of rolling, sliding and slithering; jump using a variety of take offs and landings on low apparatus using varied combinations of hands and feet	Gymnastics Unit 1 Experience jumping, sliding, rolling and moving over and under apparatus – developing coordination and gross motor skills and confidence in fundamental movements	Dance Unit 1 Recognise that actions can be reproduced in time to movement, beat patterns and different speeds; copy, repeat and perform simple movement patterns and a wide variety of dance actions	Manipulation & co-ordination Unit 1 Send and receive a variety of objects with different body Parts; work with others to control objects in space; and coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways. Athletics Sports day activities Building on relevant skills learnt this year	Speed, agility, travel Unit 1 Travel with some control and coordination; change direction at speed through both choice and Instructions; perform actions demonstrating changes in speed; and stop, start, pause, prepare for and anticipate movement in a variety of situations.

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Indoor 	Gymnastics Unit 1 Identify and use simple gymnastics actions and shapes, applying basic strength and recognising like actions and linking them	OAA Use thinking skills to follow multi-step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another. Take part in activities with increasing challenge to build confidence.	Dance Unit 1 Respond to a range of stimuli and types of music; explore space, direction, levels and speeds; and experiment creating actions and performing movements with different body parts	Gymnastics Unit 2 To show a range of recognised point balances. To introduce turn, twist, rock, and roll and to link these. To perform unison simple canon and unison techniques.	Games Send and return Unit 1 Able to send an object with increased confidence using hand or bat; move towards a moving ball to return; and send and return a variety of balls.	Run, throw, jump Unit 2 Increase stamina and core strength. Work collaboratively on more complex tasks. Work to improve strength, balance, agility and coordination.
Outdoor 	Games Attack, Defend and Shoot Unit 1 Practise basic movements – including running, jumping, throwing and catching – and experience opportunities to improve agility, balance and coordination as well as beginning to engage in competitive activities	Games Attack, Defend and Shoot Unit 2 Use and apply simple strategies for invasion games, recognising rules and applying them – also explaining reasons why we enjoy exercise	Games Hit, catch and run Unit 1 Able to hit objects with hand or bat; track and retrieve a rolling ball; and throw and catch a variety of balls and objects.	Games Hit, catch and run Unit 2 Develop sending and receiving skills to benefit fielding as a team; distinguish between the roles of batters and fielders; and introduce the concept of simple tactics.	Athletics Run, Jump, Throw Unit 1 Begin to link running and jumping; learn and refine a range of running which includes varying pathways and speeds; and develop throwing techniques to send objects over long distances.	Games Send and return Unit 2 Develop sending skills with a variety of balls; track, intercept and stop a variety of objects such as balls and beanbags; and select and apply skills to beat opposition

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor 	Gymnastics Unit 1 Create and perform a simple sequence with control and consistency using basic actions at different speeds and on different levels – challenging themselves to develop strength and flexibility	OAA Use searching skills to find given things from clues and pictures. As a pair, navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem-solving.	Dance Unit 1 Perform basic actions with control and consistency at different speeds and on different levels and work as part of a group to create and perform short movement sequences (challenging themselves to move imaginatively) to music	Gymnastics Unit 2 Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence.	Games Send and return Unit 1 Track the path of a ball over a net and move towards it; begin to hit and return a ball using a variety of hand and racquet with some consistency; and play modified net/wall games throwing, catching and sending over a net	Athletics Run, throw, jump Unit 2 Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy, active lifestyles. Jump for distance and height.
Outdoor 	Games Attack, Defend and Shoot Unit 1 Can send and receive a ball using feet and recall and link a combination of skills e.g. dribbling and passing	Games Attack, Defend and Shoot Unit 2 Select and apply a small range of simple tactics, recognising good quality in self and others and working together to build basic attacking play	Games Hit, catch and run Unit 1 Develop hitting skills with a variety of bats; practice feeding/bowling skills; and hit and run to score points in games	Games Hit, catch and run Unit 2 Work on a variety of ways to score runs in the different hit, catch, run games; work in teams to field; and begin to play the role of wicketkeeper or backstop	Athletics Run, Jump, Throw Unit 1 Develop power, agility, coordination and balance over a variety of activities; throw and handle a variety of objects including quoits, beanbags, balls and hoops; and negotiate obstacles showing increased control of body and limbs	Games Send and return Unit 2 Make it difficult for their opponent to score a Point; begin to choose specific tactics appropriate to the situation; transfer net/wall skills to volleyball style games; and Improve agility and coordination and use in a game

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor 	Gymnastics Unit 1 Develop body management over a range of floor exercise and attempt to bring explosive moves into this through jumps and leaps whilst showing increasing flexibility in shapes and balances	OAA Use searching skills to find given things from clues and pictures. As a pair, navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem-solving.	Dance Practise different sections of a dance aiming to put together a performance – to include using facial expressions and performing with a prop	Gymnastics Unit 2 Identify similarities and differences in sequences. Develop body management over arrange of floor exercises. Attempt to bring explosive moves into floor work. Show increasing flexibility in shapes and balances.	Athletics Demonstrate agility and speed; jump for height and distance with control and balance; and throw with speed and power and apply appropriate force	Dance Unit 2 Building stylistic qualities through repetition and applying movement to own bodies. Building basic creative choreography skills in travelling, dynamics and partner work.
Outdoor 	Football Basic control skills of sending and receiving; send the ball with some accuracy to maintain possession and build attacking play; implement the basic skills of football	Hockey Implement the basic rules of hockey and be able to consistently perform basic hockey skills such as dribbling and push pass; and develop tactics and apply them in competitive situations, increasing speed and endurance during gameplay	Basketball Perform some basic basketball skills, throwing, catching and dribbling. Building attacking/offensive play. Implement some basic rules of basketball.	Tag Rugby Combine basic tag rugby skills such as catching and quickly passing in one movement; select and implement appropriate skills in game situations and play effectively when attacking and defending; and increase the power of passes so the ball can move quickly over greater distance	Tennis Identify and describe some rules of tennis; serve to begin a game; and explore forehand hitting	Cricket Adhere to some of the basic rules of cricket; develop a range of skills to use in isolation and a competitive context; and use basic skills with more consistency including striking a bowled ball

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor 	Gymnastics Unit 1 Become increasingly competent and confident to perform skills more consistently and in time (with a partner and a group) and also use compositional ideas in sequences such as changes in height speed and direction	OAA Use searching skills to find given things from clues and pictures. As a pair, navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem-solving.	Dance Unit 1 Practise and perform a variety of different formations in dance – developing a dance to perform as a group with a set starting position (to include freeze frames)	Gymnastics Unit 2 Develop an increased range of body actions and shapes to include in a sequence. Define muscle groups needed to support the core of the body. Refine taking weight on small and large body parts.	Badminton Explore and use different shots with both the forehand and backhand. Demonstrate different badminton skills. Practise some trick shots in isolation.	Handball Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to setup attacks. Demonstrate and implement the rules of handball.
Outdoor 	Swimming Perform safe self-rescue in different water-based situations. 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. (Term times may differ for some classes)	Swimming Perform safe self-rescue in different water-based situations. 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. (Term times may differ for some classes)	Netball Introduce high five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of high five. Develop netball skills such as marking and footwork.	Volleyball Consistently perform basic pairs volleyball skills such as rainbow pass and switching. Implement the basic rules of pairs volleyball. Develop tactics and apply them competitively. Increase accuracy and power during gameplay.	Athletics Investigate different ways of running, jumping and throwing and use a variety of equipment to measure, time and compare the effectiveness of different styles of runs, jumps and throws	Rounders Develop range of rounders skills that can be applied in a competitive context and choose and use a range of simple tactics in isolation and games context

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor 	Gymnastics Unit 1 Create longer and more complex sequences and adapt performances, (including developing symmetry as an individual, as a pair or in a group) - and also taking the lead in a group when preparing a sequence	OAA Explore ways of communicating in a range of challenging activities; develop and use trust to complete a task and perform under pressure; and navigate and solve problems from memory	Dance Unit 1 Perform different styles of dance fluently and clearly and refine/improve dances, adapting them to include the use of space, rhythm and expression	Gymnastics Unit 2 Take responsibility for your own warm-up. Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Remember and repeat longer sequences with more difficult actions.	Tennis Play with others to score and defend points in competitive games, introducing and applying volley shots and overhead shots	Dance Unit 2 Using professional examples to inspire ideas for explosive action. Owning and exploring new movement possibilities.
Outdoor 	Tag Rugby Combine basic tag rugby skills such as catching and quickly passing in one movement; select and implement appropriate skills in game situations and play effectively when attacking and defending; and increase the power of passes so the ball can move quickly over greater distance	Hockey Choose and implement a range of strategies and tactics to attack and defend, combining and performing more complex skills at great speed	Football Play effectively in a variety of positions and formations on the pitch, relating a greater number of attacking and defensive tactics to gameplay – becoming more skilful when performing movements at speed	Basketball Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques to play with consistency.	Athletics Sustain pace over short and longer distances as running 100m and running for 2 minutes; run as part of a relay teamworking at maximum speed; and perform a range of jumps and throws, demonstrating increasing power and accuracy	Cricket Link together a range of skills and use in combination; collaborate with a team to choose, use and adapt rules in games; and recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance Swimming Booster sessions offered for those who need it

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor 	Gymnastics Unit 1 Work independently and in groups to make up own sequences (including flight on and off high apparatus) – demonstrating accuracy, consistency and clarity of movement.	OAA Use information given by others to complete more complex tasks and work collaboratively and also take responsibility for a role in a task	Dance Perform with clear intention and meaning; perform set patterns with knowledge and understanding of their meaning; work collaboratively; and value the contributions that dance makes to different cultures	Gymnastics Unit 2 Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve competency across a broad range of gymnastics actions.	Badminton Develop a wider range of shots including drop and smash. Begin to use more sophisticated tactics. Play with fluency with a partner in doubles scenarios.	Tennis Develop backhand shots. Introduce the lob shot. Begin to use full tennis scoring systems. Continue developing doubles play and tactics to improve.
Outdoor 	Netball Work as a team to improve group tactics and gameplay, developing defensive skills and playing within the rules (using blocking skills for shots and passes)	Tag Rugby Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm-up as a small group.	Football Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good performances. Suggest, plan and lead simple drills for given skills.	Handball Work as a team to improve group tactics and gameplay, developing defensive skills and playing within the rules (using screening to break down offensive play)	Athletics Apply strength and flexibility to a range of throwing, jumping and running activities and become confident and expert in a range of techniques – demonstrating improvement when working with self and others	Rounders Play small sided games using standard rounders pitch layout, applying rounders rules consistently and using a range of tactics for attacking and defending in the role of bowler, batter and fielder Swimming Booster sessions offered for those who need it.

Each year group will also receive at least one day's session of Forest School (covering OAA)