

Physical Education (PE) overview 2025-2026

Terms Year groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Physical development Moving and handling	ABC of movement... Agility Balance Co-ordination Developing spatial awareness Consolidating spatial awareness through tagging and dodging games		ABC of movement Agility Balance Co-ordination Developing basic throwing and catching skills Using different shaped, sized, weight balls		ABC of movement Agility Balance Co-ordination Basic Ball skills Using different bats, sticks, hands	
Year 1 Indoor	Gymnastics		Dance		Athletics	Team Games
Year 1 Outdoor	Games Movement & Spatial Awareness	Tagging & dodging & spatial awareness	Games Hand & eye coordination- throwing and catching	Games Ball control & skills Games	Games Sports day practise & athletic skills	Games Team Games & Skills
Year 2 Indoor	Gymnastics		Dance		Sports Hall Athletics (Indoor)	Team Games
Year 2 Outdoor	Invasion Games (feet) Football	Invasion Games (hands) Basketball	Invasion Games (sticks) Hockey	Over the net Tennis	Athletics Developing running, jumping & throwing skills	Striking and fielding Cricket
Year 3 Indoor	Swimming					
Year 3 Outdoor	Invasion Games (feet) Football	Invasion Games (hands) Netball	Handball	Over the net Tennis	Athletics Developing running, jumping & throwing skills	Striking and Fielding Rounders

Terms Year groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4 Indoor	Swimming					
Year 4 Outdoor	Invasion Games (hands) Tag Rugby	Invasion Games (hands) Basketball	Invasion Games (sticks) Hockey	Over the net Volleyball	Athletics Developing running, jumping & throwing skills	Striking & Fielding Cricket
Year 5 Indoor	Gymnastics		Dance		Sports Hall Athletics (Indoor Athletics)	<u>Orienteering and Team Building Games</u>
Year 5 Outdoor	Invasion Games (feet) Football	Invasion Games (hands) Netball	Invasion Games (hands) Handball	Over the net Tennis	Athletics Consolidating running, jumping & throwing skills	Striking and Fielding Rounders
Year 6 Indoor	Gymnastics		Dance		Sports Hall Athletics (Indoor Athletics)	<u>Orienteering and Team Building Games</u>
Year 6 Outdoor	Invasion Games (hands) Tag Rugby	Invasion Games (hands) Basketball	Net/Wall Hockey	Invasion Games (hands) Volleyball	Athletics Refining running, jumping & throwing skills	Striking and Fielding Cricket