

PE Overview with links to the National Curriculum

KS1 Year 1

Topic title/when	Aims and objectives:	National Curriculum
taught:		links:
Autumn 1	Explore running	Master basic movements
	Apply running into a game	including running,
Running 1	Explore running at different speeds	jumping, throwing and
	Running for speed: Acceleration	catching, as well as
	Explore running in a team	developing balance,
	Consolidate running, apply running into a game	agility and co-ordination,
		and begin to apply these
		in a range of activities.
	Following instructions when playing games	Participate in team
Playing games	Keeping count (the score) when playing games	games, developing
	Competing against myself	simple tactics for
	Competing against others	attacking and defending.
	Playing competitive games	
Autumn 2	Introduce sending (bouncing) with control	Master basic movements
Hands 1	Introduce aiming with accuracy	including running,
	Introduce power and speed when sending a ball	jumping, throwing and
	Introduce/develop stopping, combining sending skills	catching, as well as
	Combine sending and receiving skills	developing balance,

		agility and co-ordination,
		and begin to apply these
	Performing movements in sequence	in a range of activities.
Heroes	Creating movements that represent superpowers	
	Creating movements that represent a superhero rescuing/saving,	Perform dances using
	someone/something	simple movement
	Exploring character movements	patterns.
Spring 1	Introduction to wide, narrow and curled	Master basic movements
Wide, narrow, curved	Exploring the difference between wide, narrow and curled	including running,
	Transitioning between wide, narrow and curled movements	jumping, throwing and
	Linking two movements together	catching, as well as
		developing balance,
Feet 1	Develop moving the ball using the feet	agility and co-ordination,
	Apply dribbling into games	and begin to apply these
	Consolidate dribbling	in a range of activities.
	Explore kicking (passing)	
	Apply kicking (passing) to score a point	
Spring 2	Introduce and explore agility	Master basic movements
Health and	Introduce and explore balance	including running,
Wellbeing	Introduce and explore coordination:	jumping, throwing and
	Bouncing, rolling and throwing	catching, as well as
		developing balance,
	Introduce throwing with accuracy	agility and co-ordination,
	Apply throwing with accuracy in a team	and begin to apply these
Hands 2	• Introduce stopping a ball	in a range of activities
	Develop sending (rolling) skills to score a point	
	Consolidate sending and stopping to win a game	
Summer 1	Develop pushing (dribbling) a ball with a racket: Introducing control	Master basic movements
	Explore hitting and develop pushing a ball (with a racket) towards a target	including running,

Rackets, bats and	Explore hitting a ball (with a racket) with accuracy and power	jumping, throwing and
balls	Recap jumping	catching, as well as
	Develop jumping	developing balance,
	Explore how jumping affects our bodies	agility and co-ordination,
	Explore skipping	and begin to apply these
Jumping 1	Apply skipping and jumping into a game	in a range of activities.
Summer 2	Understanding the principles of attack/defence	Participate in team
Games for	Applying attacking/defending principles into a game	games, developing
Understanding	Consolidate attacking/defending	simple tactics for
		attacking and defending.
	Responding to rhythm	
Growing	Developing the growing plant 'dance'	
	Introduction to motifs	Perform dances using
	Creating motifs	simple movement
	Creating movement sequences	patterns.
	Relationships and performance	

KS1 Year 2

Topic title/when	Aims and objectives:	National Curriculum
taught:		links:
Autumn 1	Explore dodging	Master basic movements
Dodging	Develop dodging	including running,
	Apply dodging:	jumping, throwing and
	Explore attacking to beat an opponent	catching, as well as
	Apply dodging in teams	developing balance,
		agility and co-ordination,
		and begin to apply these
		in a range of activities.

	Creating games on our own and with a partner and in teams	Participate in team
Creating games	Exploring the role of the referee	games, developing
	Playing and creating competitive games with a referee	simple tactics for
	Playing competitive games	attacking and defending
Autumn 2		Master basic movements
	Develop dribbling/passing and receiving	including running,
Hands	Combine dribbling, passing and receiving, keeping possession	jumping, throwing and
	Develop dribbling/passing and receiving to score a point	catching, as well as
	Combine dribbling, passing and receiving	developing balance,
		agility and co-ordination,
		and begin to apply these
	Responding to stimuli	in a range of activities.
	Developing whole group movement	
Water	Improvisation and physical descriptions	Perform dances using
	Creating contrasting movement sequences	simple movement
	Sequences, relationships and performance	patterns.
Spring 1	Developing linking	Master basic movements
Linking	Linking on apparatus	including running,
	• Jump, roll, balance sequences/on apparatus	jumping, throwing and
	Creation of sequences	catching, as well as
	Completion of sequences and performance	developing balance,
		agility and co-ordination,
Feet 1	Develop dribbling/passing/receiving, keeping possession	and begin to apply these
	• Combine dribbling, passing and receiving, keeping possession/to score a point	in a range of activities.
	Apply dribbling, passing and receiving as a team	
Spring 2	Consolidate pupils application and understanding of underarm throwing	Master basic movements
	Applying the underarm and overarm throw to win a game	including running,
Hands 2	Applying the underarm throw to beat an opponent	jumping, throwing and
		catching, as well as

	Responding to stimuli	developing balance,
	Developing our motif with expression and emotion	agility and co-ordination,
Explorers	Applying choreography in our motifs	and begin to apply these
Ехринета	• Extending our motifs	in a range of activities.
	• Sequences, relationships	in a range of activities.
	Sequences, relationships	Perform dances using
		simple movement
0	1 Paris of Carifolis of Salar Control of the Contro	patterns.
Summer 1	Hitting (striking) a ball (with a racket) with accuracy and power to beat an	Master basic movements
Dealtata hata and	opponent	including running,
Rackets, bats and	• Introduce hitting (sending/striking) a ball into a space: Where and why?	jumping, throwing and
balls	Striking the ball (with a bat) into space with intent	catching, as well as
		developing balance,
		agility and co-ordination,
	Consolidate jumping	and begin to apply these
Jumping	Apply jumping into a game	in a range of activities.
	• Linking jumping	
	• Explore jumping combinations	
	Develop jumping combinations	
Summer 2	Attacking/defending as a team	Participate in team
Games for	Understanding the transition between defence and attack	games, developing
Understanding	Create and apply attacking/defensive tactics	simple tactics for
	Introducing teamwork	attacking and defending.
	Develop teamwork	
	Building trust and developing communication	
Team Building	Cooperation and communication	
	Explore simple strategies	
	Problem solving:	
	Consolidate teamwork	

LKS2 Year 3

Topic title/when	Aims and objectives:	National Curriculum
taught:		links:
Autumn 1	Develop the underarm throw/roll for accuracy	play competitive games,
	Combine throwing and rolling with accuracy to beat an opponent	modified where
Golf	• Introduce striking:	appropriate [for
	Using Rollers (Putters)	example, badminton,
		basketball, cricket,
		football, hockey, netball,
		rounders and tennis],
Problem solving	Creating and applying simple tactics	and apply basic
	Developing leadership	principles suitable for
	Develop communication as a team	attacking and defending
	Create defending and attacking tactics as a team	
		take part in outdoor and
		adventurous activity
		challenges both
		individually and within a
		team
Autumn 2	Understand the concept of batting and fielding	use running, jumping,
Cricket	Introduce throwing overarm	throwing and catching in
	Introduce throwing underarm	isolation and in
	Introduce catching	combination
	Striking with intent	
		play competitive games,
		modified where
	Exploring relaxation techniques	appropriate [for

	Applying relaxation techniques and using them effectively	example, badminton,
	Performing balanced meditative poses	basketball, cricket,
	Using props to help us balance in our meditative poses	football, hockey, netball,
		rounders and tennis],
Mindfulness		and apply basic
		principles suitable for
		attacking and defending
		perform dances using a
		range of movement
		patterns
Spring 1	Introduce/develop dribbling keeping control	play competitive games,
	Introduce passing and receiving	modified where
Football	Combine dribbling and passing to create space	appropriate [for
	Develop passing, receiving and dribbling	example, badminton,
		basketball, cricket,
	Introduction to symmetry	football, hockey, netball,
	Introduction to asymmetry	rounders and tennis],
Symmetry and	Application of learning onto apparatus	and apply basic
asymmetry	Sequence formation	principles suitable for
	Sequence completion	attacking and defending
		develop flexibility,
		strength, technique,
		control and balance [for
		example, through
		athletics and
		gymnastics]
Spring 2	Introduce moving with the ball, passing and receiving	play competitive games,
Tag rugby	Introduce tagging	modified where

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	Create space when attacking	appropriate [for
	Develop passing and moving	example, badminton,
	Combine passing/moving to create attacking	basketball, cricket,
		football, hockey, netball,
		rounders and tennis],
		and apply basic
		principles suitable for
		attacking and defending
		play competitive games,
Weather	Responding to stimuli, extreme weather	modified where
	Developing thematic dance into a motif	appropriate [for
	Extending dance to create sequences with a partner	example, badminton,
	Developing sequences with a partner	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
		patterns

Summer 1	Explore running for speed	use running, jumping,
Running and jumping	Explore acceleration	throwing and catching in
	Introduce /develop relay:	isolation and in
	Running for speed in a team	combination
	Throwing: Accuracy vs distance	
	Standing Long Jump	play competitive games,
		modified where
		appropriate [for
	Introduction tennis, outwitting an opponent	example, badminton,
Tennis	Creating space to win a point	basketball, cricket,
	Consolidate how to win a game introduce rackets	football, hockey, netball,
	Introduce the forehand	rounders and tennis],
		and apply basic
		principles suitable for
		attacking and defending
Summer 2	Explore running for speed	compare their
Athletics	Explore acceleration	performances with
	• Introduce /develop relay:	previous ones and
	Running for speed in a team	demonstrate
	Throwing: Accuracy vs distance	improvement to achieve
	Standing Long Jump	their personal best.
		use running, jumping,
		throwing and catching in
	Introduce passing and receiving	isolation and in
Netball	Introduce passing and creating space	combination
	Introduce scoring and the concept of shooting	
		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

LKS2 Year 4

Topic title/when	Aims and objectives:	National Curriculum
taught:		links:
Autumn 1	Introduce striking with Launchers	play competitive games,
Golf	Develop striking for distance and accuracy with Launchers	modified where
	Combine striking with Rollers and Launchers to beat an opponent 1v1	appropriate [for
		example, badminton,
		basketball, cricket,
	Benches and mats challenge	football, hockey, netball,
	Round the clock card challenge	rounders and tennis],
	The pen challenge	and apply basic
	The river rope challenge	principles suitable for
Communication and	Caving challenges	attacking and defending
tactics (oak)		
, ,		take part in outdoor and
		adventurous activity
		challenges both
		individually and within a
		team
		All schools must provide
Swimming (pine)		swimming instruction

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		either in key stage 1 or
		key stage 2. In particular,
		pupils should be taught
		to: 4 swim competently,
		confidently and
		proficiently over a
		distance of at least 25
		metres 4 use a range of
		strokes effectively [for
		example, front crawl,
		backstroke and
		breaststroke] ♣ perform
		safe self-rescue in
		different water-based
		situations.
Autumn 2	Develop an understanding of batting and fielding	use running, jumping,
Cricket	Introduce bowling underarm	throwing and catching in
	Develop stopping and returning the ball	isolation and in
	Develop retrieving and returning the ball	combination
	Striking the ball at different angels and speeds	
		play competitive games,
		modified where
		appropriate [for
	Creating movements to help express ourselves and our emotions.	example, badminton,
Mindfulness (oak)	Using mime to manage positive and negative emotions	basketball, cricket,
	Using mediative poses to help control and manage our emotions	football, hockey, netball,
		rounders and tennis],
		and apply basic
		principles suitable for
		attacking and defending

		perform dances using a
		range of movement
Swimming (Pine)		patterns
Swittilling (t inte)		patterns
		All schools must provide
		swimming instruction
		either in key stage 1 or
		key stage 2. In particular,
		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.
Spring 1	Develop passing and receiving	play competitive games,
	Develop passing, moving and shooting	modified where
Netball	Develop Footwork	appropriate [for
	Introduce defending and the concept of marking	example, badminton,
		basketball, cricket,
		football, hockey, netball,

		rounders and tennis],
	Introduction to bridges	and apply basic
	Application of bridge learning onto apparatus	principles suitable for
	Develop sequences with bridges	attacking and defending
Bridges	Sequence formation	
	Sequence completion	develop flexibility,
		strength, technique,
		control and balance [for
		example, through
		athletics and
		gymnastics]
Spring 2	Develop passing, moving and creating space	play competitive games,
Tag rugby	Apply learning to 3v3 mini games	modified where
	Develop defending in game situations	appropriate [for
	Combine passing and moving to create an attack and score	example, badminton,
		basketball, cricket,
Space	Extending sequences with a partner in character	football, hockey, netball,
	Developing sequences with a partner in character that show relationships and	rounders and tennis],
	interlinking dance moves	and apply basic
	Sequences, relationships, choreography	principles suitable for
		attacking and defending
		develop flexibility,
		strength, technique,
		control and balance [for
		example, through
		athletics and
		gymnastics]

Summer 1	Developing the forehand	play competitive games,
	Creating space to win a point using a racket	modified where
Tennis	Introduce the backhand	appropriate [for
	Applying the forehand and backhand in game situations	example, badminton,
	Applying the forehand and backhand creating space	basketball, cricket,
		football, hockey, netball,
		rounders and tennis],
		and apply basic
		principles suitable for
		attacking and defending
Swimming (oak)		
		All schools must provide
		swimming instruction
		either in key stage 1 or
		key stage 2. In particular,
		pupils should be taught
		to: 📤 swim competently,
		confidently and
		proficiently over a
		distance of at least 25
		metres \Lambda use a range of
		strokes effectively [for
		example, front crawl,
		backstroke and
		breaststroke] & perform
		safe self-rescue in
Mindfulness (pine)	Creating movements to help express ourselves and our emotions.	different water-based
	Using mime to manage positive and negative emotions	situations.
	Using mediative poses to help control and manage our emotions	

		perform dances using a
		range of movement
		patterns
Summer 2	Develop running at speed	use running, jumping,
	Exploring our stride pattern	throwing and catching in
Athletics	Exploring running at pace	isolation and in
	Understand and apply tactics when running for distance	combination
	Javelin	
	Standing Triple Jump	compare their
		performances with
		previous ones and
		demonstrate
		improvement to achieve
		their personal best.
		All schools must provide
Swimming (oak)		swimming instruction
		either in key stage 1 or
		key stage 2. In particular,
		pupils should be taught
		to: * swim competently,
		confidently and
		proficiently over a
		distance of at least 25
		metres 4 use a range of
		strokes effectively [for
		example, front crawl,
		backstroke and
		breaststroke] - perform

		safe self-rescue in different water-based situations.
Communication and tactics	 Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges 	take part in outdoor and adventurous activity challenges both individually and within a team

UKS2 Year 5

Topic title/when	Aims and objectives:	National Curriculum
taught:		links:
Autumn 1	Refine passing and receiving	play competitive
Basketball	Apply passing, footwork and shooting into mini games, introduce officiating	games, modified
	Introduce defending	where appropriate [for
	Explore the function of other passing styles	example, badminton,
		basketball, cricket,
		football, hockey,
		netball, rounders and
	Benches and mats challenge	tennis], and apply
	Round the clock card challenge	basic principles
	The pen challenge	suitable for attacking
	The river rope challenge	and defending
	Caving challenges	
Problem solving		take part in outdoor
		and adventurous

		activity challenges both individually and
		within a team
Autumn 2		use running, jumping,
Tag rugby	Refine passing and moving to create attacking opportunities	throwing and catching
	Explore different passes that can be used to outwit defenders	in isolation and in
	Refine defending as a team	combination
	Create and apply defending tactics. Develop officiating	
	Explore and understand cardio fitness	
	Explore and understand cardio intress Explore and understand flexibility fitness	compare their
	Explore and understand itexibility fitness Explore and understand strength fitness	performances with
	Explore and andorotana delengar nariode	previous ones and
		demonstrate
Health related		improvement to
exercises		achieve their personal
		best.
Spring 1	Introduction to Counter Balance	develop flexibility,
Counterbalance and	Application of Counter Balance learning onto apparatus	strength, technique,
counter tension	Sequence formation	control and balance
	Counter Tension	[for example, through
	Sequence completion	athletics and
		gymnastics
	Refine dribbling and passing to maintain possession	play competitive
	Introduce and develop defending	games, modified
	Develop shooting	where appropriate [for
Football	Refine attacking skills, passing, dribbling and shooting, introduce officiating	example, badminton,
		basketball, cricket,

		football, hockey,
		netball, rounders and
		tennis], and apply
		basic
Spring 2	Develop character movements linked to prejudices	develop flexibility,
The circus	Create movements that represent different characters and performers in a	strength, technique,
	circus	control and balance
	Extending our performance incorporating props and apparatus linked to the	[for example, through
	variety of performers	athletics and
		gymnastics
		perform dances using
		a range of movement
	Develop defending; blocking and tacking	patterns
	Refine dribbling/passing to create attacking opportunities	
	Refine attacking skills, passing dribbling and shooting	play competitive
	Refine defending skills	games, modified
Hockey	developing transition from defence to attack	where appropriate [for
		example, badminton,
		basketball, cricket,
		football, hockey,
		netball, rounders and
		tennis], and apply
		basic principles
		suitable for attacking
		and defending
Summer 1	Refine batting, batting and bowling tactics	play competitive
Cricket	Refine fielding stopping, catching and throwing	games, modified
	Combine bowling and fielding creating and applying tactics	where appropriate [for
	Introduce umpiring	example, badminton,

Netball	 Refine passing and receiving Explore the function of other passes Develop defending and marking the player with the ball Tactical Play 	basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 2 Athletics	 Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the Hurdles 	use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Rounders	 Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics 	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

UKS2 Year 6

Topic title/when	Aims and objectives:	National Curriculum
taught:		links:
Autumn 1	Consolidate keeping possession and officiating	
Basketball	Consolidate defending	play competitive
	Create, understand and apply attacking tactics in game situations	games, modified where
	Create, understand and apply defending	appropriate [for
		example, badminton,
		basketball, cricket,
		football, hockey, netball,
		rounders and tennis],
Communication and	Understanding what makes an effective leader	and apply basic
tactics	Communicating as a leader	principles suitable for
	• Introducing the STEP principle: Space , Task, Equipment and People	attacking and defending
		take part in
		outdoor and
		adventurous activity
		challenges both
		individually and within a
		team
Autumn 2	Consolidate passing and moving	play competitive games,
Tag rugby	Consolidate defending	modified where
	Create, understand and apply attacking/defending tactics in game situations	appropriate [for
	Consolidate attacking	example, badminton,
		basketball, cricket,
		football, hockey, netball,

		rounders and tennis],
		and apply basic
		principles suitable for
		attacking and defending
Health related	Develop a secure understanding of cardio fitness	
exercises	Develop a secure understanding of flexibility fitness	
	Develop a secure understanding of strength and fitness	compare their
		performances with
		previous ones and
		demonstrate
		improvement to achieve
		their personal best.
Spring 1	Consolidate keeping possession, develop officiating	play competitive games,
Football	Consolidate defending	modified where
	Organise formations and manage teams	appropriate [for
	Organise formations decide tactics, manage teams and officiate games	example, badminton,
		basketball, cricket,
		football, hockey, netball,
		rounders and tennis],
	Introduction to matching /mirroring	and apply basic
Matching and	Application of matching mirroring learning onto apparatus	principles suitable for
mirroring	Sequence development	attacking and defending
		develop flexibility,
		strength, technique,
		control and balance [for
		example, through
		athletics and
		gymnastics]

Spring 2	Consolidate keeping possession, develop officiating	play competitive games,
Hockey	Consolidate defending	modified where
•	Create, understand and apply attacking/defending tactics	appropriate [for
		example, badminton,
		basketball, cricket,
		football, hockey, netball,
		rounders and tennis],
		and apply basic
	Creating rhythmic patterns using our body	principles suitable for
	Extend choreography through controlled movements, character emotion and	attacking and defending
	expression	
Titanic	Explore the relationships between characters applying character emotion and	
	expression	develop flexibility,
		strength, technique,
		control and balance [for
		example, through
		athletics and
		gymnastics]
		perform dances using a
		range of movement
		patterns
Summer 1	Consolidate batting, fielding and bowling	play competitive games,
Cricket	Create, understand and apply attacking and defensive tactics in game	modified where
		appropriate [for
		example, badminton,
		basketball, cricket,
	Consolidate attacking	football, hockey, netball,
Netball	Consolidate defending	rounders and tennis],
	Understand and apply attacking tactics to game scenarios	and apply basic

	Understand and apply defending tactics	principles suitable for
		attacking and defending
Summer 2	Introduction to full rounders	play competitive games,
Rounders	Consolidate fielding tactics	modified where
	Refine our understanding of what happens if the batter misses or hits the ball	appropriate [for
	backwards	example, badminton,
	Batting considerations	basketball, cricket,
		football, hockey, netball,
		rounders and tennis],
		and apply basic
		principles suitable for
		attacking and defending
Athletics	Running for speed competition	
	Running for distance competition	
	Throwing competition	compare their
	Jumping competition	performances with
		previous ones and
		demonstrate
		improvement to achieve
		their personal best.