

PE Curriculum Plan 2025 2026

	Autumn 1 (8 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (5 weeks)	Summer 2 (7 weeks)
Nur	All future aspects of curriculum covered by objectives in weekly PE sessions - see below (Fundamental games mini activities to continue when it is not the main focus)					
	Fundamental games Modes of movement e.g. run, hop, skip etc. Large muscle movements	Fundamental games Jumping/landing Ball skills – throw/catch Group/team activities	Gymnastics/Dance Sequences/patterns of movement	Gymnastics/Dance Sequences/patterns of movement	Net & wall/Striking & fielding taster Show preference for dominant hand	Athletics modes of movement Fundamental games ball skills
Rec	Fundamental games Revise fundamental movement skills Develop ball skills	Fundamental games (LSSP Fundamental movement)	Fundamental games Competence, confidence, precision and accuracy with a ball	Fundamental games Refine fundamental movement skills Refine ball skills	Fundamental games Refine fundamental movement skills Refine ball skills	Fundamental games Refine fundamental movement skills Refine ball skills
			Dance Combine movements with ease & fluency	Athletics Strength, co-ordination, balance, agility	Net & wall games Competence, confidence, precision and accuracy with a ball	Striking & fielding games Competence, confidence, precision and accuracy with a ball
Year 1	Fundamental games Fundamental movement skills	Skoot Skool Control and co-ordination on a scooter	Yoga Make body tense, relaxed, stretched, curled Basic control & co-ordination	Athletics Understand quicker/slower travel methods Develop fundamental movement skills	Balanceability Control and co-ordination on a bike	Dance Perform basic actions Use different body parts singularly & in combination
	Gymnastics Basic control & co-ordination Identify/copy basic actions Awareness: space/others Make body tense, relaxed, stretched, curled Remember and repeat actions consistently	Net & wall games Send object using hand/bat Return moving ball Score points over line/net	Fundamental games Rolling, hitting, throwing, catching, intercepting Underarm skills Overarm skills	Fundamental games Sending and receiving skills	Net & wall games Send object using hand/bat Return moving ball Score points over line/net	Fundamental games Introduction to invasion games – including football

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Year 2	Fundamental games Further development of fundamental movement skills	Fundamental games (Sport specific – Basketball – Mersey Mavericks)	Fundamental games Ball skills Catch a moving ball Throw/catch with others Show awareness of teammates & opponents	Fundamental games Further develop sending and receiving skills	Gymnastics Perform basic gymnastic actions with control, co-ordination and variety Plan and repeat simple sequences Perform sequence with change of speed Perform sequence with contrast in shape	Fundamental games Develop invasion games skills (preparation for LKS2)
	Skoot Skool Control and co-ordination on a scooter	Fundamental games Ball skills Catch a moving ball Throw/catch with others Show awareness of teammates & opponents	Yoga Perform body actions with co-ordination and control	Dance Choose movements with dynamic qualities to express a mood Remember and repeat dance phrases	Net & wall games Sending skills Track ball Decide on and use dominant hand Return ball with hand or racquet	Athletics Develop fundamental movement skills Perform variety of jumps Understand body position link to throwing
Year 3	Invasion games (Sport specific – Basketball – Mersey Mavericks)	Gymnastics Plan sequences of contrasting actions Adapt sequences to suit partner's ability Perform sequence in unison Compare and contrast sequences	Net & wall games Serve underarm Play continuous game with throwing and catching Keep count/score	Invasion games Pass/dribble with control (no opponent) Bounce ball toward target Throw/catch to keep possession Know and use rules	Net & Wall games introduce simple hitting Small range of basic racket skills Move toward ball to return Play over a net	Athletics Run at different speeds Run, jump and throw with variety of techniques Run, jump and throw with variety of techniques Understand how altering body shape alters performances
	Dance Improvise freely from a stimulus Remember and repeat phrases Create phrases and share with partner/group	Invasion games Refine skills covered in Autumn term (Sport specific – Handball)	Yoga Perform body actions with co-ordination and control	Striking & fielding games Understanding different throws and how to bowl in cricket. Using the skills within game play	Striking & fielding games Use range of specific skills with control and accuracy Understand how hitting ball further improves running capabilities Understand need for tactics	Invasion games Refine skills covered in Autumn term (Sport specific – Netball)

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	Use dynamic, rhythmic and expressive qualities with control					
Year 4	Invasion games (Sport specific – Basketball – Mersey Mavericks)	Invasion games (Sport specific – netball) Pass with control under pressure Understanding footwork Know rules of games Understand they need to defend Play games with fluency and accuracy – range of throwing/catching Simple tactics for attacking as a team Move into scoring positions	Invasion games (Sport specific – Handball) Pass/dribble with control under pressure Know rules of games Understand they need to defend Play games with fluency and accuracy – range of throwing/catching Simple tactics for attacking as a team Move into scoring positions	Invasion games (Sport specific – Tennis – LFC Nike Game On) Introduce forehand & backhand Range of hand/racquet skills Defensive tactics on court Competitive play in modified games Send ball to make it difficult to return	Dance Respond imaginatively to range of stimuli Structure dance phrases on own, with partner & in group Refine, repeat and remember phrases and dances Perform clearly and fluently Show sensitivity to the dance idea and accompaniment Describe, interpret and evaluate dance	Striking & fielding games Pass/catch within a team Bat and run to distance bases Choose tactics based on game and carry out successfully Know rules and use fairly Range of skills with good control & accuracy
	Athletics Link running and jumping Make up & repeat short sequence of jumps Take part in relays Throwing; changing technique for distance and accuracy Recognise change in heart rate, breathing & temp	Gymnastics Perform action, balances, agilities & shapes with control Longer sequences with change of level, shapes & quality of movement Follow pathway in unison Partner adaptations Improve strength and suppleness Recognise criteria that lead to improvement Sequences that move people together and apart	Swimming End of Key Stage requirements: Swim competently, confidently and proficiently over distance of at least 25m Use a range of strokes effectively Perform safe self-rescue in different water based situations		Striking & fielding (Sport specific – Rounders) Collaborative work in pairs, groups and small teams Range of fielding skills with consistency Understand how to strike a batter out Score points by hitting a ball and running to a target	OAA Simple plans Respond to problems Communicate with others

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Year 5	<p>Invasion games (Sport specific - hockey) Pass, dribble & shoot with control Use tactics to keep ball and take it toward goal Small sided games</p>	<p>Invasion games (Sport specific- Basketball- Mersey Mavericks)</p>	<p>Invasion games (Sport specific - Netball) Mark opponents and help each other in defence Be able to intercept</p>	<p>Striking & fielding games (Sport specific – Rounders) Collaborative work in pairs, groups and small teams Range of fielding skills with consistency Understand how to strike a batter out Score points by hitting a ball and running to a target</p>	<p>Striking & fielding games (Sport specific – cricket) Strike bowled ball with accuracy Use/apply rules consistently/fairly Understand point scoring</p>	<p>OAA Maps & diagrams Work independently Recognise physical demands of tasks</p>
	<p>Athletics Sprint vs sustained running Range of jumps & throws</p>	<p>Gymnastics More complex sequences – change level, direction & speed Use basic criteria to make judgements about performances; suggest improvements Adapt performance to demands of task Link & perform multiple elements (up to 8)</p>	<p>Dance Perform different styles clearly & fluently Show understanding of safe exercising Suggest ways to improve own/others' work Compose motifs creatively and collaboratively Adapt/refine use of weight, space & rhythm Recognise/comment of dances, showing understanding of style</p>	<p>Tennis Range of shots on both sides of body, moving feet Play games with flow, keeping track of score Return ball with control Describe scoring system Know where to stand on court when playing singles or doubles</p>	<p>Swimming End of Key Stage requirements: Swim competently, confidently and proficiently over distance of at least 25m Use a range of strokes effectively Perform safe self-rescue in different water based situations</p>	

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Year 6	<p>Invasion games (Sport specific- Netball) Different passing techniques Understanding all the rules Different techniques for shooting Play effectively as part of team Contribute in defence and attack</p>	<p>Dance Perform fluently with control Perform to accompaniment expressively and sensitively Compose imaginative/creative motifs and dances Understand how dance keeps them healthy</p>	<p>Gymnastics More complex sequences – change of direction, level and speed Combine & perform actions, shapes and balances Link at 3 different levels Develop own solutions to task (compositional principles) Show clarity, fluency, accuracy and consistency Link and perform up to 10 elements Adapt individual sequence into group sequence</p>	<p>Invasion games (Sport specific – NFL Flag Football) Different passing techniques Different techniques for dribbling, controlling & shooting Play effectively as part of team Contribute in defence and attack</p>	<p>Athletics Choose best pace for runs Controlled take-off for jumps Accuracy and technique for throws Organise event Understand stamina</p>	<p>OAA Find solutions to problems Plan, implement & refine strategies Account for safety in planning Adapt strategies where necessary Understand roles within group</p>
	<p>Swimming End of Key Stage requirements: Swim competently, confidently and proficiently over distance of at least 25m Use a range of strokes effectively Perform safe self-rescue in different water based situations</p>	<p>Net & wall games (Sport specific - Volleyball) Appropriate shot selection Start games with appropriate serve Develop doubles/team play Apply tactics effectively</p>	<p>Striking & fielding games (Sport specific – Rounders) Fielding skills used with control and consistency Identify own and others' strengths and help others improve</p>	<p>Striking & fielding games (Sport specific – cricket) Strike bowled ball with precision Continue to apply rules fairly and consistently Understand and implement a range of tactics within games</p>	<p>Net & wall games (Sport specific - Tennis) Forehand, backhand & overhead within games Appropriate shot selection Start games with appropriate serve Develop doubles/team play Begin to use full scoring systems</p>	