

PE Curriculum Overview 2026-2027

YR	Mental Wellbeing	Through the teaching of PE children will: • Know mental wellbeing is a normal part of daily life, in the same way as physical health. • Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • Know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.			
	Term/Topic	Intent	Implementation	Impact Children will:	
	Autumn 1 Healthy Me	To develop core stability and balance	NHS Solent Pack • Use of balance beams and benches • Climbing ropes and wall bars and apparatus in outdoor area • Obstacle courses with opportunities for jumping, hopping, skipping, running	• Refine the fundamental movement skills (FMS) they have already acquired • Progress towards a more fluent style of moving, with developing control and grace • Develop the overall body strength, co-ordination, balance, and agility needed to engage successfully with PE sessions	
	Autumn 2 Everyday Heroes/ Christmas	To understand and form the 5 basic gymnastic shapes	Gymnastics - Shape and Balance • Model and practice the 5 basic gymnastic shapes – <i>straight, star, tuck, pike, straddle</i> • Combine shapes with different ways of travelling • Copy basic sequences with and without the use of apparatus	• Revise and fine the FMS they have already acquired • Progress towards a more fluent style of moving, with developing control and grace • Develop the overall body strength, co-ordination, balance, and agility needed to engage successfully with PE sessions	
	Spring 1 Paddington Bear	To develop FMS To follow a simple dance routine	Games – Ball Skills 1 • Learn to throw and catch using beanbags, large balls, small balls • Throw with accuracy to a partner or target • Use different catching techniques Dance – Nursey Rhymes • Learn a simple dance sequence and begin to relate to changes in the music	• Develop the overall body strength, co-ordination, balance, and agility needed to engage successfully with PE sessions • Combine different movements with ease and fluency • Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming	
	Spring 2 On the Farm	To develop FMS To throw and catch using a range of equipment	Gymnastics – Wall Bars • Learn different ways of balancing using gymnastics shapes • Create shape and balance sequences using gymnastics apparatus Games – Sending and Receiving • Send and receive by kicking, using rackets, hockey sticks, bats and scoops	• Develop the overall body strength, co-ordination, balance, and agility needed to engage successfully with PE sessions • Combine different movements with ease and fluency • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group	

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				Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming.
	Summer 1 Let's Grow	To develop FMS To send and receive using a range of equipment	PPA with STOW Sport PPA Games – Ball Skills 2 - Learn to throw and catch using beanbags, large balls, small balls - Throw with accuracy to a partner or target - Use different catching techniques	- Develop the overall body strength, co-ordination, balance, and agility - Combine different movements with ease and fluency - Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. - Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.
	Summer 2 Under the Sea	To develop FMS To take part in a range of Athletics events	PPA with STOW Sport PPA Athletics Use FMS to apply to different Athletics events and take part in competitive events	- Develop the overall body strength, co-ordination, balance, and agility - Combine different movements with ease and fluency - Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group - Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball
Y1	Autumn 1 Out and About	To throw and catch using a range of equipment To create sequences using gymnastic shapes and balances	Games – Sending and Receiving - Practise throwing and catching using beanbags, large balls, small balls - Practise different catching techniques - Send and receive by kicking, using rackets, hockey sticks, bats and scoops Gymnastics – Shape and Balance. - Combine shapes and balances with different ways of travelling - Create basic sequences with a partner	- Stop/catch a large ball or beanbag with control - Pass a large ball or beanbag to someone else - Copy, remember & repeat actions - Select actions to construct basic sequences with support - Understand the importance of warming up and cooling down
	Autumn 2 Fire! Fire!	To develop core strength and balance To perform a simple dance routine	Yoga - Follow a sequence of Yoga positions Dance - Learn a simple dance routine and work in groups to perform to an audience	- Demonstrate good strength and balance - Perform with control varying speed and direction - Discuss performances using simple vocabulary - Copy, remember & repeat actions - Select actions to construct basic sequences with support

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				Understand the importance of warming up and cooling down
	Spring 1 We're on the Move!	To apply football skills to compete in games To develop sequences using gymnastic shapes and balances	PPA Football with Stow Sports PPA Gymnastics – Wall Bars - Practise different ways of balancing using gymnastics shapes on Wall bars - Create shape and balance sequences using gymnastics apparatus	- Send a ball to a target with control - Stop a large ball with control - Demonstrate good strength and balance - Select actions to construct basic sequences with support - Understand the importance of warming up and cooling down
	Spring 2 Once Upon a Time	To apply football skills to compete in games. To develop core strength and balance To perform a simple dance routine	PPA Football with STOW Sports PPA Dance Contribute ideas to create a simple dance routine and work in groups to perform to an audience.	- Demonstrate good strength and balance - Stop a large ball with control - Send a ball to a target with control - Understand the importance of warming up and cooling down - Copy, remember & repeat actions - Discuss performances using simple vocabulary - Select actions to construct basic sequences with support - Perform with control varying speed and direction
	Summer 1 Seasides	To apply taught FMS to a range of equipment To develop co-ordination when using equipment	Active Circuits - Use of balance beams and benches, climbing ropes and wall bars - Activities with opportunities for jumping, hopping, skipping, running Games – Bat and Ball - Learn how to hold a racket correctly - Use a racket to send a ball to a target	equipment
	Summer 2 Amazing Animals	To develop co-ordination when using equipment To take part in a range of Athletics events	Games – Hockey - Learn how to hold hockey stick correctly. - Use a hockey to send a ball to a target. - Use a hockey stick to stop and control a ball. Athletics - Use FMS to apply to different Athletic events and experience using a range of Athletics equipment. Take part in competitive events.	- Hold and use a hockey stick correctly and safely - Can take part in competitive games - Change speed and direction whilst running - Jump from a standing position - Throw a variety of objects with one hand
Y2	Autumn 1	To develop control over a football.	Football with Stow Sports PPA Gymnastics – Wall Bars	- Demonstrate control over a football - Pass to a target with accuracy

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	The Lady with the Lamp	To develop sequences using gymnastic shapes and balance	- Combine shapes and balances with different ways of travelling - Create inventive sequences with a partner	- Perform actions with varying speed and levels - Select actions to construct basic sequences - Evaluate performances
	Autumn 2 The Titanic	To apply football skills to compete in games. To develop core strength and balance	Football with Stow Sports PPA Yoga Follow a sequence of Yoga positions	- Demonstrate control over a football - Pass to a target with accuracy - Take part in competitive games and demonstrate good sportsmanship - Demonstrate good strength and balance
	Spring 1 Let's Explore – Coca Bana	To develop core strength and balance To confidently throw and catch using a range of equipment	Active Circuits - Use of balance beams and benches, climbing ropes and wall bars - Activities with opportunities for jumping, hopping, skipping, running Games – Sending and Receiving - Practise throwing and catching using beanbags, large balls, small balls - Send and receive by kicking, using rackets, hockey sticks, bats and scoops	- Demonstrate good strength and balance - Explain the importance of warming up and cooling down - Catch a ball with control - Pass a ball to a partner with accuracy - Keep themselves and others safe
	Spring 2 Let's Explore - Antarctic	To perform a group dance To understand the concept of Invasion games	Dance – Jungle Animals - Contribute ideas to create an inventive dance routine and work in groups to perform to an audience. Games – Invasion - Apply physical skills to learn how to take part in games including Netball, Basketball, and Hockey	- Perform with control and co-ordination - Respond imaginatively to a variety of stimuli - Vary speed and direction - Demonstrate control over a bat and ball - Pass to a target with accuracy - Take part in competitive games and demonstrate good sportsmanship
	Summer 1 Crowns & Castles	To create a gymnastics sequence to fit a piece of music To apply taught skills and follow a set of rules to take part in a game	Dance – Responding to Music - Demonstrate shapes and sequences of movements Games – Rounders - Learn the rules of the game - Develop control over a rounders bat - Throw a ball using a bowling technique - Work as a team using fielding tactics	- Perform with control and co-ordination - Respond imaginatively to a variety of stimuli - Vary speed and direction - Demonstrate control over a bat and ball - Pass to a target with accuracy - Take part in competitive games and demonstrate good sportsmanship
	Summer 2 Big Dreams	To take part in a range of Athletics events To develop a key life skill.	Athletics Use FMS to apply to different Athletics events and experience using Athletics equipment. Take part in competitive events. Swimming	- Change speed and direction when running, with control - Jump accurately from a standing position landing safely

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			• Become confident in the water • Begin to travel through the water using a range of strokes	• Throw a variety of objects most accurately with one hand • Be confident in water • Be able to travel through the water with support
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