

PE 2025 -26

Nursery	- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. - Go up steps and stairs, or climb up apparatus, using alternate feet. - Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Use large-muscle movements to wave flags and streamers, paint and make marks. - Start taking part in some group activities which they make up for themselves, or in teams. - Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.	Physical Development: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Reception	- Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing - 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 future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. - 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 overall body-strength, balance, co-ordination and agility - Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. - Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian	Physical Development: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

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	1	2	3	4	5	6
Nursery	Dance moving in sequence Nursery Rhymes	Feet 1	High, low, under Gymnastics	Hands 1	Moving	
Reception	Nursery Rhymes Dance	Feet 1	Hands 1	Hands 2	Dance Ourselves	Athletics practice
	Jumping 1	Walking 1	Gymnastics- Moving	Gymnastics High, low, under	Games for understanding	
Year 1	Dance - growing	Gymnastics- body parts	Dance - the zoo	Games for understanding	Locomotion running	Athletics practice
	Multi skills	Games Ball skills- feet 1	Locomotion Jumping 1	Gymnastics wide, narrow and curled	Games Ball skills- hands 1	Games Ball skills- hands 2
Year 2	Dance - explorers	Games Ball skills- hands 1	Games Ball skills- feet 1	Gymnastics- linking	Games Ball skills- hands 2	Locomotion- jumping
	Multi skills	Team building	Gymnastics- pathways	Locomotion- dodging	Games for understanding	Athletics
Year 3	Games - invasion Hockey	Gymnastics- symmetry/assymetry	Games - invasion Football	Dance Wild animals	Games- striking/ fielding Rounders	Athletics
	Games- invasion Tag Rugby	Outdoor and Adventurous Orienteering- problem solving	Games- invasion Basketball	Athletics- throwing and jumping	Games- striking/ fielding Cricket	Athletics- competitions
Year 4	Games- invasion	Gymnastics- bridges	Dance	Outdoor and	Athletics-	Games- striking/

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	Tag Rugby		Cats	Adventurous Orienteering	competitions	fielding Rounders
	Swimming Athletics- running	Swimming Games- invasion Basketball	Swimming Games- net/wall Tennis	Swimming Games - invasion Netball	Swimming Games- striking/ fielding Cricket	Swimming Games - invasion Handball
Year 5	Games - invasion Netball	Games- invasion Tag Rugby	Games - invasion Hockey	Games- invasion Basketball	Dance Greeks?	Athletics competitions
	Dance Oliver - Food, glorious food	Gymnastics- counter balance	Outdoor and Adventurous Orienteering	Games- striking/fielding Cricket/ multi skills	Games- net/wall Tennis	Games- invasion Handball
Year 6	Athletics- running	Dance Carnival	Games- invasion Netball	Outdoor and Adventurous Orienteering	Games- striking/ fielding Rounders	Athletics- competitions
	Games- invasion Basketball	Games- invasion Football	Gymnastics- matching/ mirroring	Tag Rugby	Games- invasion Hockey	Games- Cricket

KS1 - locomotion (movement)

Dance
Games
Gymnastics
Outdoor and Adventurous
Athletics
Swimming