

# Physical Education

## Curriculum Plan 2025-2026



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	<b>Topic: Introduction to PE</b>	<b>Topic: Fundamentals</b>	<b>Topic: Gymnastics</b>	<b>Topic: Dance</b>	<b>Topic: Team Games</b>	<b>Topic: Ball Skills</b>
	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>
	Moving safely, running, jumping, throwing, catching	Hopping, galloping, skipping, sliding, balancing, direction	Shapes, balances, barrel roll, rock roll, forward roll, sequence	Travelling, copying and performing, coordination, balance, sequence	Cooperation, Communication, taking turns, respect, running, direction	Rolling, tracking, bouncing, target, tactics, dribbling, cooperation
	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>
	To move around safely in space. To follow instructions and play safely as a group. To follow instructions and stop safely.	I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I use movement skills with	I can combine movements, selecting actions in response to the task and apparatus. I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.	I can combine movements, selecting actions in response to the task. I follow instructions involving several ideas or actions. I show respect towards others when providing feedback.	I play games honestly with consideration of the rules. I use ball skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination.	I play ball games with consideration of the rules. I use ball skills with developing competence and accuracy. I play co-operatively and take turns with others.

		developing balance and co-ordination.	I follow instructions involving several ideas or actions.			
YEAR 1	<b>Main Topic: Fundamentals</b> <a href="#">Link back to EYFS fundamentals</a>	<b>Main Topic: Ball Skills</b> <a href="#">Link back to EYFS ball skills</a>	<b>Main Topic: Sending and receiving.</b>	<b>Topic: Dance</b> <a href="#">Link back to EYFS dance</a>	<b>Topic: Gymnastics</b> <a href="#">Link back to EYFS gym</a>	<b>Main Topic: Athletics</b>
	<b>Other: Invasion games</b>	<b>Other: net and wall games</b>	<b>Other: striking and fielding</b>	<b>Other: target games</b>	<b>Other: invasion games</b>	<b>Other: fitness</b>
	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>
	Balancing, sprinting, jogging, dodging, jumping, skipping	Tracking, catching, bouncing, dribbling, throwing, kicking, challenge, communication	Supporting, encouraging, tracking, throwing, kicking, rolling, taking turns	Travel, using shape, balance, coordination, confidence, counting, sequence, actions, pathway	Travelling, shapes, balances, barrel roll, straight roll, forward roll, working safely	Varying speed, agility, balance, leaping, distance, collaborating,
	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>
I can change direction when moving at speed. I can run at different speeds. I can show hopping and jumping movements.	I am beginning to catch with two hands. I am beginning to dribble a ball with my hands and feet.	I am beginning to send and receive a ball with my feet. I can catch a ball with some success. I can roll a ball towards a target.	I am beginning to use counts. I can copy, remember and repeat actions. I can use different parts of the body in isolation and together.	I can link simple actions together to create a sequence. I can make my body tense, relaxed, stretched and curled.	I am able to throw towards a target. I am beginning to show balance and co-ordination when changing direction. I am developing overarm throwing.	

	I show balance and co-ordination when static and moving at a slow speed.	I am beginning to understand simple tactics. I can roll and throw with some accuracy towards a target.	I can track a ball that is coming towards me.	I choose appropriate movements for different dance ideas.	I can remember and repeat actions and shapes.	I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.
YEAR 2	<b>Main Topic: Fundamentals</b> <a href="#">Link back to Y1 fundamentals</a>  <b>Other: Invasion games</b>	<b>Main Topic: Net and Wall</b>  <b>Other: Target games</b>	<b>Main Topic: Dance</b> <a href="#">Link back to year 1dance</a>  <b>Other: Ball skills</b>	<b>Main Topic: Gymnastics</b> <a href="#">Link back to year 1 gym</a>  <b>Other: Striking and fielding</b>	<b>Main Topic: Invasion games</b> <a href="#">Link to Year 1 invasion games</a>  <b>Other: yoga</b>	<b>Main Topic: Athletics</b> <a href="#">Link back to year 1 athletics</a>  <b>Other fitness</b>
	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>
	Balancing, sprinting, jogging, dodging, jumping, skipping	racket skills, ready position, striking, throwing, catching	dynamics, pathways, expression, speed. travel, balance, coordination	Shape, balances, shape jumps, Travelling, shapes, balances, barrel roll, straight roll, forward roll, working safely	Dribbling, dodging, finding space, kicking, throwing and catching, determination	Jumping for distance, throwing for distance, adjusting speed, working safely, collaborating with others,
	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>
	I am beginning to turn and jump in an	I can defend space on my	Using dynamics, pathway,	I can perform the basic gymnastic	I can dodge and find space away	I can identify good running technique.

	<p>individual skipping rope. I can show balance when changing direction. I can show hopping, skipping and jumping movements with some balance and control.</p>	<p>court using the ready position. I can hit a ball over the net and into the court area. I can use simple tactics to make it difficult for an opponent. I show good sportsmanship when playing against an opponent.</p>	<p>expression, and speed, balance, coordination, decision making, acceptance</p>	<p>actions with some control and balance. I can plan and repeat simple sequences of actions. I can use directions and levels to make my work look interesting. I can use shapes when performing other skills.</p>	<p>from the other team. I can move with a ball towards goal. I can sometimes dribble a ball with my hands and feet. I can stay with another player to try and win the ball.</p>	<p>I can jump and land with control. I can use an overarm throw to help me to 1-1 throw for distance. I show balance and co-ordination when running at different speeds.</p>
YEAR 3	<p><b>Topic: Ball Skills</b> <a href="#">Link back to KS1 ball skills</a>  Other: fundamentals</p>	<p><b>Topic: Dance</b> <a href="#">Link back to year 2 dance</a>  Other: Basketball</p>	<p><b>Topic: Tennis</b> <a href="#">Link back to year 2 net and wall</a>  Other: Yoga</p>	<p><b>Topic: Football</b>  Other: handball</p>	<p><b>Topic: Gymnastics</b> <a href="#">Link back to year 2 gym</a>  Other: cricket</p>	<p><b>Topic: Athletics</b> <a href="#">Link back to year 2 athletics</a>  Other : Fitness</p>
	<p><b>Vocabulary:</b></p>	<p><b>Vocabulary:</b></p>	<p><b>Vocabulary:</b></p>	<p><b>Vocabulary:</b></p>	<p><b>Vocabulary:</b></p>	<p><b>Vocabulary:</b></p>
	<p>Tracking, catching, bouncing, dribbling, throwing, kicking, challenge, communication</p>	<p>unison, formation, dynamics, pathways, direction, copying and performing, control,</p>	<p>Forehand, backhand, ready position, throwing, catching groundstroke, rally</p>	<p>Dribbling, passing, control, tracking/jockeying, turning, receiving, tackling, tactics, finding space, attacker, defender</p>	<p>individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic</p>	<p>Sprinting, jumping for distance, push and pull throw, perseverance, relay, baton</p>

		balance, sequence				
	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>
	<p>I can catch different sized objects with increasing consistency with two hands.</p> <p>I can dribble a ball with control.</p> <p>I can throw with accuracy and increasing consistency to a target.</p> <p>I can track the path of a ball that is not sent directly to me.</p>	<p>I can repeat, remember, and perform a dance phrase.</p> <p>I can use counts to keep in time with a partner and group.</p> <p>I can use dynamic and expressive qualities in relation to an idea.</p> <p>I create short dance phrases that communicate the idea.</p> <p>I can return a ball to a partner.</p>	<p>I can hold the racket correctly for a forehand and backhand.</p> <p>I understand the aim of the game.</p> <p>I can strike the ball over the net into the court with a forehand.</p>	<p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can find space away from others and near to my goal.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p>	<p>I can adapt sequences to suit different types of apparatus.</p> <p>I can choose and plan sequences of contrasting actions.</p> <p>I can choose actions that flow well into one another.</p> <p>I can complete actions with increasing balance and control.</p>	<p>I am developing jumping for distance.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I can throw a variety of objects, changing my action for accuracy and distance.</p> <p>I can use different take off and landings when jumping.</p>
YEAR 4	<p><b>Topic: Dance</b></p> <p><b>Link back to year 3 dance</b></p>	<p><b>Topic: Netball</b></p> <p><b>Other: ball skills</b></p>	<p><b>Topic: Ball Skills</b></p> <p><b>Link back to year 3 ball skills</b></p>	<p><b>Topic: Gymnastics</b></p> <p><b>link back to year 3 gym</b></p>	<p><b>Topic: Hockey</b></p>	<p><b>Topic: Athletics</b></p> <p><b>link back to Year 3 athletics</b></p>

<b>Other: rounders</b>		<b>Other: fundamentals</b>	<b>Other: yoga</b>	<b>Other: swimming</b>	<b>Other: dodgeball</b>
<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>
canon, unison, formation, dynamics, character, structure, space, balance, control, technique, choreography	Passing, chest pass, shoulder pass, bounce pass, catching, footwork, intercepting, shooting, pivot turn,	Tracking, catching, bouncing, dribbling, throwing, kicking, challenge, communication.	Jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand, dish, arch.	Passing, dribbling, intercepting, tackling, shooting, push pass, open stick, reverse stick,	Pacing, sprinting technique, jumping for distance, throwing for distance, discus, shotput, javelin,
<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>
I can choose actions and dynamics to convey a character or idea. I can copy and remember set choreography. I can use changes in timing and spacing to develop a dance. I can use counts to keep in time with others and the music. I can use simple movement patterns to structure dance phrases on my own,	I can defend one on one and know when to win the ball. I can pass (2 passing types), receive and shoot the ball with increasing control. I can move to space to help my team keep possession and score. I can use simple tactics to help	I can catch different sized objects with increasing consistency with two hands. I can dribble a ball with control. I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me.	I can plan and perform sequences with a partner that include a change of level and shape. I can safely perform balances individually or with a partner. I can watch, describe and suggest possible improvements to others' performances and my own.	I can dribble, pass, receive and shoot the ball with increasing control. I can move to space to help my team to keep possession and score goals. I can use simple tactics to help my team score or gain possession.	I can demonstrate the difference in sprinting and jogging techniques. I can jump for distance with balance and control. I can throw with some accuracy and power to a target area.

	with a partner and in a group.	my team score or gain possession.				
YEAR 5	Topic: Tennis	Topic: Dance	Topic: Netball	Topic: Gymnastics	Topic: Athletics	Topic: Swimming
	Link back to Year 3 tennis	Link back to Year 4 dance	Link back to Year 3 netball	Link back to Year 4 gym	Link back to year 4 athletics	Link back to year 4 swimming
	Other: football	Other: basketball	Other: tag rugby	Other: cricket	Other: yoga	Other: OAA
	Vocabulary:	Vocabulary:	Vocabulary:	Vocabulary:	Vocabulary:	Vocabulary:
	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, drop shot, lob	using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions, Collaboration, awareness	Passing, chest pass, shoulder pass, bounce pass, catching, footwork, intercepting, shooting, pivot turn, netball positions	symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand,	Pacing, sprinting technique, relay handovers, baton, distance throwing, shotput, discus, javelin, push and pull throwing, long jump,	freestyle, breaststroke, butterfly and backstroke, forward crawl, depth, stroke, relay, frog kick
End Point Skills:	End Point Skills:	End Point Skills:	End Point Skills:	End Point Skills:	End Point Skills:	
. I understand there are different skills for different situations,	I can accurately copy and repeat set choreography.	I can pass (3 passing types), receive, and shoot the ball with some	I can create and perform sequences using apparatus,	I can choose the best pace for a running event.	I can safely enter and exit the pool and know ways to	

	<p>and I am beginning to apply this.</p> <p>I can grip the racket correctly for forehand and backhand shots.</p> <p>I can rally with a partner to ten shots.</p> <p>I can underarm serve over the net into the court.</p> <p>I can volley the ball over the net.</p>	<p>I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing.</p> <p>I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.</p> <p>I can use counts when choreographing to stay in time with others and the music.</p> <p>I can suggest ways to improve my own and other people's work using key terminology.</p>	<p>control under pressure.</p> <p>I can stay with an opponent, and I am confident to attempt to intercept.</p> <p>I know what position I am playing in and how to contribute when attacking and defending.</p>	<p>individually and with a partner.</p> <p>I can use canon and synchronisation and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use set criteria to make simple judgments about performances and suggest ways they could be improved.</p> <p>I can use strength and flexibility to improve the quality of a performance.</p>	<p>I can identify good athletic performance and explain why it is good.</p> <p>I can perform a range of jumps showing some technique.</p> <p>I can show control at take-off and landing in jumping activities.</p> <p>I can use feedback to improve my sprinting technique.</p>	<p>stay safe when in the water.</p> <p>I can 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]</p>
--	--	---	--	--	---	---

YEAR 6	<b>Topic: Dance</b>  <a href="#">Link back to Year 5 dance</a>  Other: football	<b>Topic: gymnastics</b>  <a href="#">Link back to Year 5 gym</a>  Other: volleyball	<b>Topic: Football</b>  <a href="#">Link back to KS2 football</a>  Other: fitness	<b>Topic: Hockey</b>  <a href="#">Link back to Year 4 hockey</a>  Other: dodgeball	<b>Topic: OAA</b>  <a href="#">Link back to Year 5 OAA</a>  Other: rounders	<b>Topic: Athletics</b>  <a href="#">Link back to Year 5 athletics</a>  Other: yoga
	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>	<b>Vocabulary:</b>
	using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions, Collaboration, awareness, transitions, empathy	symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand, head stand, counter balance, counter tension, vault	dribble, side foot pass, receive, track, tackle, find space, maintain possession, positioning, one-two, jockey, volley, set play, marking,	Passing, dribbling, intercepting, tackling, shooting, push pass, open stick, reverse stick, flick, obstruction, centre pass	Stamina, communication, mapping, orientate, orienteering, compass points, markers, pacing, map reading	pacing, sprinting technique, relay handovers, baton, distance throwing, fling throwing, shotput, discus, javelin, push and pull throwing, triple jump, long jump,
	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>	<b>End Point Skills:</b>
	I can choreograph a dance and work safely using a prop.	I can combine and perform gymnastic	I can dribble, pass, receive and shoot the ball with	I can create and use space to help my team.	I can orientate a map efficiently to	I can identify my own and others' strengths and

	<p>I can perform dances confidently and fluently with accuracy and good timing.</p> <p>I can refine the way I use actions, dynamics, and relationships to represent ideas, emotions, feelings and characters.</p> <p>I can use appropriate language to evaluate and refine my own and others' work.</p> <p>I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.</p>	<p>actions, shapes and balances with control and fluency.</p> <p>I can create and perform sequences using compositional devices to improve the quality.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I understand what counterbalance and counter tension is and can show examples with a partner</p>	<p>increasing control under pressure.</p> <p>I can create and use space to help my team.</p> <p>I can use marking, tackling and/or interception to improve my defence.</p> <p>I can select the appropriate action for the situation and make this decision quickly.</p>	<p>I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>I can use marking, tackling and/or interception to improve my defence.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p>	<p>navigate around a course.</p> <p>I can pool ideas within a group, selecting and applying the best method to solve a problem.</p> <p>I can use critical thinking skills to form ideas and strategies to solve challenges.</p> <p>I can work effectively with a partner and a group to solve challenges.</p>	<p>areas for development and can suggest ways to improve.</p> <p>I can perform jumps for distance using good technique.</p> <p>I can select and apply the best pace for a running event.</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p>
--	--	--	---	--	---	---