

PHYSICAL EDUCATION



Behind every great performance is an understanding of how our bodies move and work together! Through practical activities, children will develop the fundamental movement skills and physical literacy needed to perform effectively and confidently. They will explore how the body acts as a system of levers, how forces affect movement, and how balance, coordination, and control contribute to successful performance.

Building on the principles of Teach PE, pupils will learn to apply technical understanding to improve their skills in games, dance, and gymnastics. They'll investigate how different movements are created how to use energy efficiently, and how to adapt techniques for accuracy and power. This learning gives children the knowledge and confidence to move with purpose, think like young athletes, and develop a lifelong enjoyment of physical activity.

PE



WHAT DOES THIS LOOK LIKE FOR YEAR GROUPS?

Year/Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Foundation	Yoga	Nursery Rhymes	Feet 1	Moving	OAA	Jumping 1
	Hands 1	Hands 2	Games For Understanding	High, Low, Over, Under	Rackets Bats Balls and Balloons	Walking 1
Year 1	Team Building	Hands 2	Feet 1	Body Parts	OAA	Running 1
	Hands 1	Growing	Games For Understanding	Locomotion	Rackets Bats and Balls	Jumping 1
Year 2	Team Building	Hands 2	Games For Understanding	Pathways	Rackets Bats and Balls	Athletics (Running)
	Hands 1	Water	Feet 1	Dodging 1	OAA	Jumping 1
Year 3	Swimming	Weather	Problem Solving	Symmetry & Asymmetry	Cricket	Throwing & Jumping
	Dodgeball	Swimming	Basketball	Football	Tennis	Running
	Tag Rugby	Dodgeball				Orienteering
Year 4	Dodgeball	Swimming	Problem Solving	Levels and Direction	Cricket	Running
	Swimming	Space	Basketball	Football	Tennis	Throwing & Jumping
	Tag Rugby	Dodgeball				Orienteering
Year 5	Communication & Tactics	Dodgeball	Problem Solving	Counter Balance & Counter Tension	Cricket	Orienteering
	Tag Rugby	Greeks	Basketball	Football	Tennis	Running
Year 6	Communication & Tactics	Dodgeball	Problem Solving	Matching & Mirroring	Tennis	Orienteering
	Tag Rugby	Prejudice and Discrimination	Basketball	Football	Cricket	Running

