



# PE - 2025 / 2026



|               | <b>AUTUMN 1</b>  | <b>AUTUMN 2</b>   | <b>SPRING 1</b>  | <b>SPRING 2</b>  | <b>SUMMER 1</b>  | <b>SUMMER 2</b>   |
|---------------|--|---|--|--|--|---|
| <b>EY FS</b>  | <b>PLAY, MOVE, EXPLORE</b><br>Exploring locomotion, static and dynamic balance with control                            | <b>MOVE, MATCH, MAGIC</b><br>Exploring locomotion, static and dynamic balance with control                  | <b>EXPLORE, EVADE, ESCAPE</b><br>Using movement skills to showcase problem solving and teamwork          | <b>SEARCH, STEAL, SHARE</b><br>Developing movement skills allowing for finding, collecting and sharing objects | <b>CRAWL, CLIMB, COLLECT</b><br>Using crawling and climbing to develop spatial and directional awareness                             | <b>HANDS, FEET, EQUIPMENT</b><br>Exploring object control through manipulation with different parts of their bodies |
| <b>Year 1</b> | <b>AGILITY, BALANCE, COORDINATION</b><br>Master basic movements, including agility, balance and coordination           | <b>THROW, PREPARE, CATCH</b><br>Master basic movements including throwing and catching                      | <b>JUMP, SHAPE, CREATE</b><br>Develop fundamental movement skills of locomotion and stability            | <b>DUEL, WIN, LOSE</b><br>Team games developing simple tactics for attacking and defending                     | <b>RUN, JUMP, THROW</b><br>Master basic movements, including running, jumping and throwing   | <b>TARGET, CONTROL, COMBINE</b><br>Master basic movements, including throwing and coordination                      |
| <b>Year 1</b> | <b>LOOK, RUN, AVOID</b><br>Team games developing simple tactics for attacking and defending                            | <b>HANDS, FEET, EQUIPMENT</b><br>Develop fundamental movement skills with object control                    | <b>FAIR, SHARE, DARE</b><br>Embed values such as fairness and respect                                    | <b>INSPIRE, CREATE, PERFORM</b><br>Perform dances using simple movement patterns                               | <b>ROLL, REACT, RETRIEVE</b><br>Develop fundamental movement skills with locomotion and object control                               | <b>SEND, RECEIVE, RETURN</b><br>Develop fundamental movement skills with object control                             |
| <b>Year 2</b> | <b>AGILITY, BALANCE, COORDINATION</b><br>Building on movements, including agility, balance and coordination            | <b>THROW, PREPARE, CATCH</b><br>Build on movements including throwing and catching                          | <b>JUMP, SHAPE, CREATE</b><br>Further Developing fundamental movement skills of locomotion and stability | <b>DUEL, WIN, LOSE</b><br>Team games further developing simple tactics for attacking and defending             | <b>RUN, JUMP, THROW</b><br>Building on movements, including running, jumping and throwing  | <b>TARGET, CONTROL, COMBINE</b><br>Building on movements, including throwing and coordination                       |
| <b>Year 2</b> | <b>LOOK, RUN, AVOID</b><br>Team games further developing simple tactics for attacking and defending                    | <b>HANDS, FEET, EQUIPMENT</b><br>Further developing fundamental movement skills with object control         | <b>FAIR, SHARE, DARE</b><br>Continuing to embed values such as fairness and respect                      | <b>INSPIRE, CREATE, PERFORM</b><br>Developing dances using simple movement patterns                            | <b>ROLL, REACT, RETRIEVE</b><br>Further developing fundamental movement skills with locomotion and object control                    | <b>SEND, RECEIVE, RETURN</b><br>Further developing fundamental movement skills with object control                  |
| <b>Year 3</b> | <b>LOOK, RUN, AVOID</b><br>Competitive games: principles of attacking and defending                                    | <b>JUMP, SHAPE, CREATE</b><br>Develop flexibility, strength, technique, control and balance                 | <b>INSPIRE, CREATE, PERFORM</b><br>Perform dances using a range of movement patterns                     | <b>FAIR, SHARE, DARE</b><br>Continue to embed values such as fairness and respect                              | <b>STRIKE, REACT, RALLY</b><br>Apply and develop a broader range of skills and use them in different ways                            | <b>RUN, JUMP, THROW</b><br>Use running, jumping and throwing in isolation and in combination                        |
| <b>Year 3</b> | <b>AGILITY, BALANCE, COORDINATION</b><br>Use running, jumping, throwing and stretching in isolation and in combination | <b>HANDS, FEET, EQUIPMENT</b><br>Apply and develop a range of broader skills and use them in different ways | <b>DUEL, WIN, LOSE</b><br>Competitive games: principles of attacking and defending                       | <b>PASS, POSITION, PATIENCE</b><br>Competitive games: principles of attacking and defending                    | <b>ACCURACY, POWER, DISTANCE</b><br>Exploring pattern making, print, painting and drawing to create their own textiles and clothing. | <b>REACT, ROLL, RETRIEVE</b><br>Apply and develop a broader range of skills and use them in a different way         |

skilful solver

confident connector

masterful mover

## PE – 2025 / 2026

|        | AUTUMN 1  | AUTUMN 2   | SPRING 1  | SPRING 2  | SUMMER 1  | SUMMER 2   |
|--------|---|--|---|---|---|--|
| Year 4 | <b><u>LOOK, RUN, AVOID</u></b><br>Competitive games: principles of attacking and defending  | <b><u>FAIR, SHARE, DARE</u></b><br>Continue to embed values such as fairness and respect   | <b><u>INSPIRE, CREATE, PERFORM</u></b><br>Perform dances using a range of movement patterns                                     | <b><u>SYMMETRY, BALANCE, TRAVEL</u></b><br>Develop flexibility, strength, technique, control and balance                        | <b><u>STRIKE, REACT, RALLY</u></b><br>Apply and develop a broader range of skills and use them in different ways                        | <b><u>RUN, JUMP, THROW</u></b><br>Apply and develop running, jumping and throwing in isolation and in combination                  |
| Year 4 | <b><u>REACT, ROLL, RETRIEVE</u></b><br>Apply and develop a broader range of skills and use them in a different way                              | <b><u>HANDS, FEET, EQUIPMENT</u></b><br>Apply and develop a range of broader skills and use them in different ways                             | <b><u>DUEL, WIN, LOSE</u></b><br>Competitive games: principles of attacking and defending                                       | <b><u>PASS, POSITION, PATIENCE</u></b><br>Competitive games: Continuing to develop principles of attacking and defending        | <b><u>ACCURACY, POWER, DISTANCE</u></b><br>Develop strength, technique, control and balance   | <b><u>TARGET, CONTROL, COMBINE</u></b><br>Apply and develop a broader range of skills and use them in different ways               |
| Year 5 | <b><u>FAIR, SHARE, DARE</u></b><br>Continue to embed values such as fairness and respect  | <b><u>INSPIRE, CREATE, PERFORM</u></b><br>Perform increasingly complex dances using a range of movement patterns                               | <b><u>MOVE, WATCH, CONNECT</u></b><br>Demonstrate different techniques of throwing and catching in isolation and in combination | <b><u>SERVE, SET, SLAM</u></b><br>Play competitive games, modified where appropriate to add levels of challenge                 | <b><u>AIM, STRIKE, RETRIEVE</u></b><br>Apply and embed a broader range of striking and fielding skills and use them in different ways   | <b><u>SPEED, DISTANCE, STRENGTH</u></b><br>Demonstrate improvements to achieve their personal best through analysis and reflection |
| Year 5 | <b><u>EVADE, INVADE, CAPTURE</u></b><br>Competitive games: embedding and analysing principles of attacking and defending                        | <b><u>BLOCK, GUARD, SUPPORT</u></b><br>Competitive games: embedding and analysing principles of attacking and defending                        | <b><u>SYMMETRY, BALANCE, TRAVEL</u></b><br>Develop and embed elements of flexibility, strength, technique, control and balance  | <b><u>EXPLORE, SOLVE, CHALLENGE</u></b><br>Take part in outdoor and adventurous activity challenges using the local environment | <b><u>RUN, JUMP, THROW</u></b><br>Apply and embed different techniques of running, jumping and throwing in isolation and in combination | <b><u>LEND, MOVE, SCORE</u></b><br>Competitive games: embedding and analysing principles of attacking and defending                |
| Year 6 | <b><u>FAIR, SHARE, DARE</u></b><br>Continue to embed values such as fairness and respect, reflecting on personal practise                       | <b><u>INSPIRE, CREATE, PERFORM</u></b><br>Perform and plan increasingly complex dances using a range of movement patterns                      | <b><u>MOVE, WATCH, CONNECT</u></b><br>Demonstrate different techniques of throwing and catching in isolation and in combination | <b><u>SERVE, SET, SLAM</u></b><br>Play competitive games, modified where appropriate to add levels of challenge and variety     | <b><u>AIM, STRIKE, RETRIEVE</u></b><br>Apply and embed a broader range of striking and fielding skills and use them in different ways   | <b><u>SPEED, DISTANCE, STRENGTH</u></b><br>Demonstrate improvements to achieve their personal best through analysis and reflection |
| Year 6 | <b><u>EVADE, INVADE, CAPTURE</u></b><br>Competitive games: embedding and analysing principles of attacking and defending using myriad scenarios | <b><u>BLOCK, GUARD, SUPPORT</u></b><br>Competitive games: embedding and analysing principles of attacking and defending using myriad scenarios | <b><u>SYMMETRY, BALANCE, TRAVEL</u></b><br>Refine and develop elements of flexibility, strength, technique, control and balance | <b><u>EXPLORE, SOLVE, CHALLENGE</u></b><br>Take part in outdoor and adventurous activity challenges using the local environment | <b><u>RUN, JUMP, THROW</u></b><br>Apply and embed different techniques of running, jumping and throwing in isolation and in combination | <b><u>LEND, MOVE, SCORE</u></b><br>Competitive games: embedding and analysing principles of attacking and defending                |