CURRICULUM OVERVIEW- PE 2026-27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F1	Introduction to PE: Unit 1 Theme: witches and wizards 1. I can move safely and sensibly in a space with consideration of others. Theme: pirates 2. I can develop moving safely and stopping with control. Theme: mythical creatures 3. I can use equipment safely and responsibly. Theme: to the castle 4. I can use different travelling actions whilst following a path. Theme: superheroes 5. I can work with others co-operatively and play as a group. Theme: monsters 6. I can follow, copy and lead a partner.	Fundamentals: Unit 1 Theme: body parts 1. I can develop balancing whilst stationary and on the move. Theme: feelings 2. I can develop running and stopping. Theme: our senses 3. I can develop changing direction. Theme: ways we look after ourselves 4. I can develop jumping and landing. Theme: my favourite things 5. I can develop hopping and landing with control. Theme: it's good to be me 6. I can explore different ways to travel.	Gymnastics: Unit 1 Theme: rainforest animals 1. I can copy and create shapes with your body. Theme: woodland animals 2. I can create shapes whilst on apparatus. Theme: lakeland animals 3. I can develop balancing and taking weight on different body parts. Theme: desert animals 4. I can develop jumping and landing safely. Theme: sea animals 5. I can develop rocking and rolling. Theme: pet animals 6. I can copy and create short sequences by linking actions together.	Dance: Unit 1 Theme: head, shoulders, knees and toes 1. I can explore different body parts and how they move. 2. I can explore different body parts and how they move and remember and repeat actions. Theme: transport 3. I can express and communicate ideas through movement exploring directions and levels. 4. I can create movements and adapt and perform simple dance patterns. Theme: morning routine 5. I can copy and repeat actions showing confidence and imagination. Theme: my journey to school 6. I can move with control and co-ordination, linking, copying and repeating actions.	Games: Unit 1 Theme: cars 1. I can work safely and develop running and stopping. Theme: aeroplanes 2. I can develop throwing and learn how to keep score. Theme: cyclists 3. I can play games showing an understanding of the different roles within it. Theme: buses 4. I can follow instructions and move safely when playing tagging games. Theme: boats 5. I can work co-operatively and learn to take turns. Theme: trains 6. I can work with others to play team games.	Ball Skills: Unit 1 Theme: beetles 1. I can develop rolling a ball to a target. Theme: busy bees 2. I can develop stopping a rolling ball. Theme: ladybirds and butterflies 3. I can develop accuracy when throwing to a target. Theme: grasshoppers 4. I can develop bouncing and catching a ball. Theme: caterpillars 5. I can develop dribbling a ball with your feet. Theme: spiders 6. I can develop kicking a ball.
F2	Introduction to PE: Unit 2 Theme: people who help us 1. I can move around safely in space.	Fundamentals: Unit 2 Theme: at the circus 1. I can develop balancing. Theme: on safari 2. I can develop running and stopping.	Gymnastics: Unit 2 Theme: Jack and the Beanstalk 1. I can create short sequences using shapes, balances and travelling	Dance Dance: Unit 2 Theme: at the seaside 1. I can copy, repeat and explore actions in response to a theme.	Games Unit 2 Theme: polar regions 1. I can aim when throwing and practise keeping score. Theme: the rainforest	Ball Skills: Unit 2 Theme: windy weather 1. I can develop rolling and tracking a ball.

	Theme: friends and family 2. I can follow instructions and stop safely. Theme: houses and homes 3. I can stop safely and develop control when using equipment. Theme: morning time 4. I can follow instructions and play safely as a group. Theme: at the shops 5. I can follow a path and take turns. Theme: dinner time 6. I can work co-operatively with a partner.	Theme: under the sea 3. I can develop changing direction. Theme: Space explorers 4. I can develop jumping. Theme: at the farm 5. I can develop hopping. Theme: into the woods 6. I can explore different ways to travel using equipment.	actions. 2. I can develop balancing and safely using apparatus. 3. I can develop jumping and landing safely from a height. Theme: Goldilocks and the Three Bears 4. I can develop rocking and rolling. 5. I can explore travelling around, over and through apparatus. 6. I can create sequences using apparatus.	Theme: under the sea 2. I can explore and remember actions considering level, shape and direction. Theme: at the fireworks display 3. I can explore movement using a prop with control and co-ordination. Theme: at the fireworks display 4. I can move with control and co-ordination, expressing ideas through movement. Theme: at the farm 5. I can remember and repeat actions moving in time with the music. Theme: at the farm 6. I can explore actions in response to a theme and begin to use counts.	2. I can follow instructions and move safely when play tagging games Theme: Australia 3. I can learn to play against a partner. Theme: wild west 4. I can develop co-ordination and play by the rules. Theme: India 5. I can explore striking a ball and keeping score. Theme: far east 6. I can work co-operatively as a team	Theme: snow is falling 2. I can develop accuracy when throwing to a target. Theme: there's a storm coming 3. I can develop dribbling with hands. Theme: rainy days 4. I can develop throwing and catching with a partner. Theme: sunshine and rainbows 5. I can develop dribbling a ball with your feet. Theme: foggy days 6. I can develop kicking a ball to a target.
Y1	Athletics 1. I can move at different speeds over different distances. 2. I can develop balance. 3. I can develop changing direction quickly. 4. I can explore hopping, jumping and leaping for distance. 5. I can develop throwing for distance	Invasion Games 1. I can understand the role of defenders and attackers. 2. I can recognise who to pass to and why. 3. I can move towards goal with the ball. 4. I can support a team mate when playing in attack. 5. I can move into space showing an awareness of defenders.	Gymnastics 1. I can explore travelling movements. 2. I can develop quality when performing and linking shapes. 3. I can develop stability and control when performing balances. 4. I can develop technique and control when performing shape jumps.	Dance THEME: Weather 1. I can use counts of 8 to move in time and make my dance look interesting. 2. I can explore pathways in my dance. 3. I can create my own dance using, actions, pathways and counts.	Striking and Fielding Games 1. I can develop underarm throwing and catching. 2. I can develop overarm throwing. 3. I can develop hitting a ball. 4. I can develop collecting a ball. 5. I can learn how to get a batter out.	Team Building/OAA 1. I can follow instructions and work with others. 2. I can co-operate and communicate in a small group to solve challenges. 3. I can create a plan with a group to solve the challenges. 4. I can communicate effectively and develop trust.

	6. I can develop throwing for accuracy.	6. I can stay with a player when defending.	5. I can develop technique in the barrel, straight and forward roll. 6. I can link gymnastic actions to create a sequence.	<u>THEME: The Lost Toy</u> 4. I can explore speeds and actions in our toy inspired dance. 5. I can use expression and create actions that relate to the story.	6. I can understand how to score points.	5. I can use teamwork skills to work as a group to solve problems. 6. I can work with a group to copy and create a basic map.
Y2	<u>Athletics</u> 1. I can run fast and develop sprinting. 2. I can develop jumping further. 3. I can develop jumping higher. 4. I can develop throwing for distance 5. I can develop throwing for accuracy. 6. I can select and apply knowledge and technique in an athletics carousel.	<u>Invasion Games</u> 1. I can understand possession and support a teammate. 2. I can understand scoring as an attacking skill and explore ways to do it. 3. I can understand that stopping goals is a defending skill and explore ways to do this. 4. I can explore how to gain possession. 5. I can understand marking an opponent as a defending skill. 6. I can apply simple tactics for attacking and defending.	<u>Gymnastics</u> 1. I can perform gymnastic shapes and link them together. 2. I can use shapes to create balances. 3. I can link travelling actions and balances using apparatus. 4. I can demonstrate different shapes, take off and landings when performing jumps. 5. I can develop rolling and sequence building. 6. I can develop sequence work on apparatus.	<u>Dance</u> <u>THEME: Jack Frost</u> 1. I can copy, repeat and create movement patterns in response to the theme. 2. I can create and perform using unison, mirroring and matching with a partner. 3. I can remember and repeat actions and dance as a group. <u>THEME: Secret Garden</u> 4. I can remember, repeat and link actions to tell the story of my dance. 5. I can develop an understanding of dynamics and how they can show an idea.	<u>Striking and Fielding Games</u> 1. I can move fast and track and collect a ball. 2. I can develop underarm throwing and catching to field a ball. 3. I can develop overarm throwing to limit a batter's score. 4. I can develop hitting for distance to help score more points. 5. I can understand how to get a batter out. 6. I can understand the rules and play fairly.	<u>Team Building/OAA</u> 1. I can follow instructions and work with others. 2. I can co-operate and communicate in a small group to solve challenges. 3. I can create a plan with a group to solve the challenges. 4. I can communicate effectively and develop trust. 5. I can use teamwork skills to work as a group to solve problems. 6. I can work with a group to copy and create a basic map.

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Y3	<u>Athletics</u> 1. I can develop the sprinting technique and improve on my personal best. 2. I can develop changeover technique in relay events. 3. I can develop jumping technique in a range of approaches and take off positions. 4. I can develop throwing for distance and accuracy. 5. I can develop throwing for distance in a pull throw. 6. I can develop officiating and performing skills.	<u>Invasion Games - Netball</u> 1. I can develop passing and moving and play within the footwork rule. 2. I can use a variety of passes to move towards a goal. 3. I can develop movement skills to lose a defender. 4. I can defend an opponent and try to win the ball. 5. I can develop the shooting action. 6. I can apply skills and knowledge to play games using netball rules.	<u>Gymnastics</u> 1. I can step into shape jumps with control. 2. I can create a sequence with matching and contrasting actions and shapes (jumping). 3. I can transition smoothly into and out of balances (jumping). 4. I can transition from one movement to another (jumping with hoops) 5. I can perform a hurdle step and incorporate into sequences.	<u>Dance</u> <u>THEME: Machinery</u> 1. I can create actions in response to a stimulus and move in unison with a partner. 2. I can create actions to move in contact with a partner or interact with a partner. 3. I can select and link appropriate actions and dynamics to show our dance idea. <u>THEME: A Visit To…</u> 1. I can remember, repeat and create actions to represent an idea. 2. I can share ideas of actions and dynamics to create a dance that shows a location.	<u>Rounders</u> 1. I can develop overarm and underarm throwing and catching and apply these to a striking and fielding game. 2. I can develop bowling and learn the rules of the skill within this game. 3. I can develop batting technique and understand where to hit the ball. 4. I can develop fielding techniques and apply them to game situations. 5. I can play different roles in a game and begin to think tactically about each role. 6. I can apply skills and knowledge to compete in a tournament.	<u>Outdoor and Adventurous Activities</u> 1. I can develop co-operation and teamwork skills. 2. I can develop trust and teamwork. 3. I can involve all team members to work towards a shared goal. 4. I can develop trust whilst listening to others and following instructions. 5. I can be able to identify objects, draw and follow a simple map. 6. I can draw a route using directions, orientate a map and navigate around a grid.

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Y4	Athletics Premier Sport 1. I can develop stamina and an understanding of speed and pace in relation to distance. 2. I can develop power and speed in the sprinting technique. 3. I can develop technique when jumping for distance. 4. I can develop power and technique when throwing for distance. 5. I can develop a pull throw for distance and accuracy. 6. I can develop officiating and performing skills.	Invasion Games – Basketball 1. I can develop attacking skills to move towards a goal. 2. I can develop passing and moving and play within the rules of the game. 3. I can develop movement skills to lose a defender and move into space. 4. I can develop defending skills to delay an attacker and gain possession. 5. I can use space effectively to create shooting opportunities. 6. I can apply skills and knowledge to play games using basketball rules.	Gymnastics 1. I can develop individual and partner balances. 2. I can develop control in performing and landing rotation jumps. 3. I can develop the straight, barrel, forward and straddle roll. 4. I can link actions that flow using the rolls I have learnt. 5. I can develop strength in inverted movements. 6. I can create a 'great' partner sequence to include the skills I have learnt and apparatus.	Dance THEME: Carnival 1. I can learn and create dance moves in the theme of carnival. 2. I can develop a carnival dance using formations, canon and unison. 3. I can develop a dance phrase and perform as part of a class performance. THEME: States of Matter 1. I can understand how dynamics, space and relationships can be used to represent a state of matter. 2. I can use actions, dynamics, space and relationships to represent a states of matter.	Cricket 1. I can develop overarm and underarm throwing and apply these to a striking and fielding game. 2. I can develop bowling technique and learn the rules of the skill within this game. 3. I can develop batting technique and understand where to hit the ball. 4. I can develop fielding techniques and apply them to game situations. 5. I can play different roles in a game and begin to think tactically about each role. 6. I can apply skills and knowledge to compete in a tournament.	Outdoor and Adventurous Activities 1. I can develop co-operation and teamwork skills. 2. I can orientate a map and navigate around a grid. 3. I can develop observational skills, listening to others and following instructions. 4. I can develop trust whilst listening to others and following instructions. 5. I can be able to identify, draw and follow a simple map. 6. I can be able to orientate and navigate around a map and draw a route using directions.
			Swimming Perform safe self-rescue in different water based situation I can state the key message of water safety. I can use appropriate survival and self rescue skills. I can explain local and national water hazards.			

			I know what to do of others get into trouble. <u>Use a range of strokes effectively</u> I can make choices about the strokes I use to achieve different outcomes. I can experience both alternating and simultaneous strokes. I can adapt strokes for a range of purposes and intended outcomes. <u>Swim competently, confidently and proficiently over a distance of at least 25 metres</u> I can swim continuously for 25 metres or more. I can perform strokes that are as strong at the end of the swim as the start. I can swim part of a swim in deep water. I can perform strokes that are recognisable to an informed onlooker.			
Y5	<u>Athletics</u> 1. I can understand pace and apply different speeds over varying distances. 2. I can develop fluency and co-ordination when running for speed. 3. I can develop technique in relay changeovers. 4. I can build momentum and power in the triple jump. 5. I can develop throwing with force for longer distances. 6. I can develop throwing with greater control and technique.	<u>Invasion Games – Netball Premier Sport</u> 1. I can develop passing and moving to maintain possession. 2. I can use a variety of attacking skills to lose a defender. 3. I can move into and create space to support a teammate. 4. I can use defending skills to gain possession. 5. I can develop accuracy in the shooting action under pressure. 6. I can use and apply skills, principles and tactics to a game situation.	<u>Gymnastics</u> 1. I can perform symmetrical and asymmetrical balances. 2. I can develop the straight, forward, straddle and backward roll. 3. I can explore different methods of travelling, linking actions in both canon and synchronisation. 4. I can perform progressions of inverted movements. 5. I can explore matching and mirroring using actions both on the floor and on apparatus. 6. I can create a partner sequence using apparatus.	<u>Dance</u> THEME: Dance by Chance 1. I can create a dance using a random structure and perform the actions showing quality and control. 2. I can understand how changing dynamics changes the appearance of the performance. 3. I can understand and use relationships and space to change how a performance looks. THEME: Chinese Dance	<u>Rounders</u> 1. I can develop throwing and catching under pressure and apply these to a striking and fielding game. 2. I can develop bowling under pressure whilst abiding by the rules of the game. 3. I can strike a bowled ball with increasing consistency. 4. I can develop fielding techniques and select the appropriate action for the situation. 5. I can understand and apply tactics in a game. 6. I can apply skills and knowledge to compete in a tournament.	<u>Outdoor and Adventurous Activities</u> 1. I can develop communication and negotiation skills. 2. I can develop strong communication and negotiation skills to solve challenges. 3. I can develop planning and problem solving skills. 4. I can share ideas and work as a team to solve problems. 5. I can develop navigation skills and map reading. 6. I can create and follow a key and route on a map.

				4. I can use matching, canon and unison in the style of the lion dance. 5. I can use space and relationships to create a dragon dance.		Notts County – Joy of Moving Program 1. I can understand what physical activity is and the different levels of it. 2. I can understand how physical activity can effect the body and mind. 3. I can understand what it means to have a balanced diet. 4. I can design a balanced menu for a day based on the Eatwell Guide. 5. I can understand why we need to stay hydrated. 6. I can refer back to the benefits of physical activity and a balanced diet.
Y6	Athletics Premier Sport 1. I can develop my own and others sprinting technique. 2. I can identify a suitable pace for the event. 3. I can develop power, control and technique for the triple jump. 4. I can develop power, control and technique when throwing for distance. 5. I can develop throwing with force and accuracy for longer distances. 6. I can work collaboratively in a team to	Invasion Games – Basketball Premier Sport 1. I can demonstrate attacking skills with control under pressure. 2. I can move into and create space to support a teammate. 3. I can choose when to pass and when to dribble. 4. I can use the appropriate defensive technique for the situation. 5. I can develop shooting technique and make decisions about when to pass, dribble or shoot.	Gymnastics 1. I can develop the straddle, forward and backward roll. 2. I can develop counter balance and counter tension. 3. I can perform inverted movements with control. 4. I can perform the progressions of a headstand and a cartwheel. 5. I can use flight from hands to travel over apparatus. 6. I can create a group sequence using formations and apparatus.	Dance Freedom 1. I can use controlled movements, dynamics, mime and canon to create a short motif. 2. I can use a range of movements to represent different elements of a motif. 3. I can use cannon and unison when creating a motif. 4. I can use call and response, dynamics and facial and bodily expressions when creating a motif.	Cricket 1. I can develop throwing and catching under pressure and apply these to a striking and fielding game. 2. I can develop bowling under pressure whilst abiding by the rules of the game. 3. I can strike a bowled ball with increasing consistency. 4. I can develop fielding techniques and select the appropriate action for the situation. 5. I can understand and apply tactics in a game.	Outdoor and Adventurous Activities To be covered at Walesby. Tennis 1. To develop placement of the ball using a forehand. 2. To develop placement using a backhand. 3. To develop the volley and understand when to use it. 4. To employ tactics when playing with a partner. 5. To develop accuracy and consistency using the underarm serve. 6. To apply rules, skills and principles to play against an opponent.

	develop the officiating skills of measuring, timing and recording.	6. I can apply principles, rules and tactics to a tournament.		5. I can vary style within a motif and illustrate smooth transitions.	6. I can apply skills and knowledge to compete in a tournament.	