



Physical Education Curriculum Overview for Whole School 2025 – 2026

Key Stage 1

Year Group & Lesson Number	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Games Unit 1/2 Bean Bag/Ball Skills	Gymnastics Unit B Stretching + Curling	Gymnastics Unit C Travelling Taking Weight...	Dance Unit 1 (VS)	Athletics Running, Throwing, Jumping	Games Unit 4 Ropes Bats and Balls

Year 1	Games Unit 1 Ball Skills	Gymnastics Unit E Points + Patches	Dance Unit 1 (VS)	Gymnastics Unit F Rocking + Rolling	Games Unit 3 Bat + Ball	Games Unit 4 Partner work
Year 1	Gymnastics Unit D Flight/Bounce..	Games Unit 2 Throwing and Catching/Aiming	Jump Rope/ Speed.Agility.Training	Dance Unit 2 (VS)	Athletics Unit 1/2	Gymnastics Unit G Wide-Narrow-Curled

Year 2	Games Unit 3 Dribbling, kicking, hitting	Gymnastics Unit I Pathways, Straight...	Dance Unit 1 (VS)	Gymnastics Unit J Turning, Spinning	Games Unit 4 Group games/ Bat + Ball	Games Unit 2 Group Games Making
Year 2	Gymnastics Unit H Parts High + Low	Games Unit 1 Throwing & Catching	Jump Rope/ Speed.Agility.Training	Dance Unit 2 (VS)	Athletics Unit 1/2	Gymnastics Unit K Linking Movements Together

Lower Key Stage 2

Year Group & Lesson Number	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Gymnastics Unit L Stretching-Curling- Arching	Gymnastics Unit M Symmetry and Asymmetry	Dance Unit 1 (VS)	Gymnastics Unit N Pathways....	Games Net + Court	OAA Teamwork Communication Problem Solving Orienteering
Year 3	Invasion Games Football	Games Unit 1 Ball Handling Invasion Games	Games Uni Hockey	Games Tag Rugby	Athletics Unit 1/2	Games Striking and Fielding Cricket/Rounders

Year 4	Gymnastics Unit P Balance	Gymnastics Unit Q Receiving body weight	Games Uni Hockey	Gymnastics Unit S Rolling	Games Net + Court	OAA Teamwork Communication Problem Solving Orienteering
Year 4	Invasion Games Football	Invasion Games Unit 3 Ball handling Invasion Games	Dance Unit 1 (VS)	Invasion Games Tag Rugby	Athletics Unit 1/2	Games Striking and Fielding Cricket/Rounders

Upper Key Stage 2

Year Group & Lesson Number	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 5	Gymnastics Unit T Bridges	Gymnastics Unit U Flight	Invasion Games Hockey	Gymnastics Twisting Spinning and Turning	Athletics Unit 1/2 Competition Training	Games Striking + Fielding Cricket/Rounders
Year 5	Invasion Games Football	Invasion Games Unit 2 Basketball/Netball Focus	Dance Unit 1 (VS)	Invasion Games Tag Rugby	Games Net + Court	OAA Teamwork Communication Problem Solving Orienteering
Year 6	Gymnastics Unit X Matching + Mirroring	Gymnastics Unit Y Synchronising and cannon Unit A Counter Balance...	Invasion Games Hockey	Gymnastics Unit Z Holes and Barriers	Games Net + Court	OAA Teamwork Communication Problem Solving Orienteering
Year 6	Invasion Games Football	Games Unit 4 Basketball/Netball Focus	Dance Unit 1 (VS)	Invasion Games Tag Rugby	Athletics Unit 1/2 Competition Training	Games Striking + Fielding Cricket/Rounders