

PE Units: Curriculum 2025-26 (overview)



KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Autumn Activities linked to early years framework 2021 <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down 	People Who Help Us Activities linked to early years framework 2021 <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down 	The Jungle Activities linked to early years framework 2021 <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down Dance opportunity – Penguin Dance	Superheroes Activities linked to early years framework 2021 <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down Dance opportunity – superhero Dance	Growing Activities linked to early years framework 2021 <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down 	On The Farm Activities linked to early years framework 2021 <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing I can follow a simple set of rules (throughout) I can follow a teacher led warm up and cool down
<i>Ongoing throughout the year as [part of outdoor provision; bikes, climbing/balance activities, games, small and large equipment skills, throwing, catching and aiming.</i>						
Y1	Multi-skills #1 - Coach <ul style="list-style-type: none"> I can stop a ball with basic control. I can send a ball in the direction of another person. I can take part in sending and receiving. I can throw, catch and bounce in different ways when standing or on the move. I can follow a simple set of rules (throughout) I can work cooperatively in pairs I can follow a simple set of rules. I can aim at a large target I can use and vary simple tactic Scoot-fit - general skills & road safety	Gymnastics - Coach <ul style="list-style-type: none"> I can plan and repeat simple sequences and actions. I can show contrasts in shape such as small/tall, straight/curved, wide/narrow. I can perform the basic gymnastic actions with some coordination and control I can begin to describe my own and others work. I can make suggestions for improvements with help. Orienteering – (Power of PE) <ul style="list-style-type: none"> I can link movements together to make a sequence I can follow a simple set of rules. <i>I can use simple compass directions and language to describe location and routes on a map. (Geography milestone)</i>	Multi-skills#2 - Coach <ul style="list-style-type: none"> I can stop a ball with basic control. I can send a ball in the direction of another person. I can take part in sending and receiving. I can throw, catch and bounce in different ways when standing or on the move. I can follow a simple set of rules (throughout) I can work cooperatively in pairs I can follow a simple set of rules. I can aim at a large target I can use and vary simple tactic Dance – Handa's Surprise (Val Sabin) <ul style="list-style-type: none"> can perform dance actions with control and coordination I can link movements together to make a sequence to comment to communicate mood and feelings. I can begin to evaluate my own and others and suggest ways to improve 	Outdoor Adventures – Coach Scoot-fit – general skills and games	Athletics– Coach <ul style="list-style-type: none"> I can run at different speeds I can jump from a standing position I can throw and object with one hand# I can start to develop new skills relevant to athletics Gymnastics - (Power of PE) <ul style="list-style-type: none"> I can plan and repeat simple sequences and actions. I can show contrasts in shape such as small/tall, straight/curved, wide/narrow. I can perform the basic gymnastic actions with some coordination and control I can begin to describe my own and others work. I can make suggestions for improvements with help. 	Games – Bat & Ball skills and Games/Skipping (Val Sabin) I recognise and talk about changes in my body and start to talk about why being active is good for my body. I can follow a teacher led warm up/cool down. I can follow a simple set of rules. I can begin to make up rules for a simple game. I can push and roll a ball in different directions. I can skip with a rope/jump with rhythm. I can strike a ball with a bat. Striking and Fielding – (Power of PE) <ul style="list-style-type: none"> I can stop the ball with basic control I can send a ball in the direction of another I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can use and vary simple tactic I can begin to strike a ball with a bat I can start to develop new skills relevant to specific invasion/net&wall/striking&fielding games
The following milestones should be covered in every unit taught: I recognise and talk about changes in my body and start to talk about why being active is good for my body.						
Y2	Gymnastics - Coach <ul style="list-style-type: none"> I can plan and repeat simple sequences and actions. I can show contrasts in shape such as small/tall, straight/curved, wide/narrow. I can perform the basic gymnastic actions with some coordination and control I can begin to describe my own and others work. I can make suggestions for improvements with help. 	Multi-skills#1 - Coach <ul style="list-style-type: none"> I can stop a ball with basic control. I can send a ball in the direction of another person. I can take part in sending and receiving. I can throw, catch and bounce in different ways when standing or on the move. I can follow a simple set of rules (throughout) I can work cooperatively in pairs I can follow a simple set of rules. I can aim at a large target I can use and vary simple tactic 	Multi-skills#2 - Coach <ul style="list-style-type: none"> I can stop a ball with basic control. I can send a ball in the direction of another person. I can take part in sending and receiving. I can throw, catch and bounce in different ways when standing or on the move. I can follow a simple set of rules (throughout) I can work cooperatively in pairs I can follow a simple set of rules. I can aim at a large target I can use and vary simple tactic 	Outdoor Adventures – Coach H.R.E – (Power of PE) <ul style="list-style-type: none"> I recognise and talk about changes in my body and start to talk about why being active is good for my body. I know the four major muscle groups; lats, quads, biceps and abs. 	Invictus – (Power of PE) <ul style="list-style-type: none"> I can make suggestions for improvements with help. I can follow a simple set of rules. I can aim at a large target. I can send a ball in the direction of another person. I can take part in sending and receiving. I can begin to describe my own and others work. Striking and Fielding – (Power of PE) <ul style="list-style-type: none"> I can stop the ball with basic control I can send a ball in the direction of another 	Athletics - Coach <ul style="list-style-type: none"> I can run at different speeds I can jump from a standing position I can throw and object with one hand I can start to develop new skills relevant to athletics Gymnastics - (Power of PE) <ul style="list-style-type: none"> I can plan and repeat simple sequences and actions.



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	Scoot fit – General skills and road safety	Dance – Africa themed <ul style="list-style-type: none"> I can perform dance actions with control and coordination I can link movements together to make a sequence to comment to communicate mood and feelings. I can begin to evaluate my own and others and suggest ways to improve 	Scoot-fit – general skills and games	<ul style="list-style-type: none"> I know my heart rate can change during exercise? (Exercise = Faster pulse) I know how to find my pulse. I know I can use a heart & lungs test, catching test, speed test and muscles test 	<ul style="list-style-type: none"> I can take part in sending and receiving I can throw, catch and bounce in different ways when standing or on the move I can aim at a large target I can use and vary simple tactic I can begin to strike a ball with a bat I can start to develop new skills relevant to specific invasion/net&wall/striking&fielding games 	<ul style="list-style-type: none"> I can show contrasts in shape such as small/tall, straight/curved, wide/narrow. I can perform the basic gymnastic actions are with some coordination and control I can begin to describe my own and others work. <p>I can make suggestions for improvements with help.</p>
KEY:	EYFS Assessment criteria KS1 Assessment criteria/milestones					
Notes 1	<ul style="list-style-type: none"> Please note some dance units complement CLICK and have been put in the term that matches. KS1 Pupils will have opportunities to attend clubs and competitions throughout the year across all year groups. All milestones should be covered by these units. 					
Notes 2	<u>PE: Teaching Resources</u> Lots of warm up/cool down ideas and games - http://www.teachingideas.co.uk/pe/contents.htm Warm ups, gym, dance, games ideas (more for KS2) http://www.primaryresources.co.uk/pe/pe.htm http://www.peprimary.co.uk/					