

2025-2026	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Pre-school	<p>Outdoor/Indoor exploration: spatial awareness</p> <p>Enjoy moving when outdoors and inside. Reach out for objects as co-ordination develops. Pass things from one hand to the other. Let go of things and hand them to another person, or drop them.</p>	<p>Outdoor/Indoor exploration: music and dance focus</p> <p>Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling and walking. Clap and stamp to music. Walk, run, jump and climb – and start to use the stairs independently.</p>	<p>Outdoor/Indoor exploration: mini movers</p> <p>Spin, roll and independently use ropes and swings (for example, tyre swings). Sit on a push-along wheeled toy, use a scooter or ride a tricycle.</p>	<p>Outdoor/Indoor exploration: Gymnastics focus</p> <p>Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks.</p>	<p>Outdoor/Indoor exploration: riding scooters and tricycles</p> <p>Improve confidence while on a push-along wheeled toy, use a scooter or ride a tricycle.</p>	<p>Outdoor/Indoor exploration: Independence skills</p> <p>Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.</p>
FS1	<p>Ring games Parachute games</p> <p>Continue to develop their movement, balancing, riding and ball skills. Go up steps or stairs, or climb apparatus, using alternate feet. Make healthy choices about food, drink, activity and tooth brushing.</p>	<p>Yoga</p> <p>Continue to develop their movement, balancing, riding and ball skills. Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p>	<p>Dance</p> <p>Continue to develop their movement, balancing, riding and ball skills. Match their developing physical skills to tasks and activities in the setting. Collaborate with others to manage large items. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Gymnastics</p> <p>Continue to develop their movement, balancing, riding and ball skills. Start taking part in some group activities which they make up for themselves, or in teams. Be increasingly independent as they get dressed and undressed.</p>	<p>Ball Skills / Team Games</p> <p>Be increasingly independent as they get dressed and undressed.</p>	<p>Sports Day activities</p> <p>Continue to develop their movement, balancing, riding and ball skills. Be increasingly independent as they get dressed and undressed.</p>
FS2	<p>Multi Skills/Games</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Yoga</p> <p>Allow for time to be still and quiet. Encourage children to conclude movements in balance and stillness. Confidently and safely use a range of large and small apparatus indoors and outside.</p>	<p>Dance</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside. Combine different movements with ease and fluency. Further develop and refine a range of ball skills. Progress towards a more fluent style of moving, with developing control and grace. Combine different movements with ease and fluency.</p>	<p>Gymnastics</p> <p>Provide opportunities for children to spin, rock, tilt, fall, slide and bounce. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside.</p>	<p>Ball Skills / Team Games</p> <p>Provide opportunities to move that require quick changes of speed and direction. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside. Know and talk about the different factors that support</p>	<p>Sports Day Games and athletics type activities</p> <p>Develop overall body strength, co-ordination, balance and agility needed to engage in future physical education sessions. Confidently and safely use a range of large and small apparatus indoors and outside. Know and talk about the different factors that support their overall health and wellbeing.</p>

					their overall health and wellbeing. Continue to develop their movement, balancing, riding and ball skills.	
Year 1	Yoga/ Relax kids	Ball skills/ Team Games	Ball skills/ Team Games	Dance	Net/Wall Games	Striking and Fielding
	OAA	Multi skills	Gymnastics	Gymnastics	Skipping	Athletics
Year 2	Yoga/ Relax kids	Multi skills	Invasion Games	Dance	Net/Wall Games	Striking and Fielding
	OAA	Invasion Games	Gymnastics	Gymnastics	Skipping	Athletics

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Year 3	OAA	Net/Wall games Tennis	Dance	Net/Wall games Volleyball/badminton	Striking and Fielding Cricket	Striking and Fielding Rounders
	Invasion Games Hockey	Invasion Games Basketball	Gymnastics	Gymnastics	Athletics	Athletics
Year 4/5	OAA	Athletics –track and field	Swimming	Swimming	Striking and Fielding Cricket <i>(Wednesday PM last slot)</i>	Striking and Fielding Rounders <i>(Wednesday PM last slot)</i>
	Invasion Games Hockey	Net/Wall games Tennis	Sportshall Athletics	Dance	Gymnastics	Gymnastics
Year 5/6	Swimming	Swimming	Dance	Sportshall Athletics	*Year 5 Striking and Fielding: Cricket <i>(Wednesday PM last slot)</i>	*Year 5 Striking and Fielding: Rounders <i>(Wednesday PM last slot)</i>
	OAA	Invasion Games Hockey	Gymnastics	Gymnastics	Net/Wall games Tennis	Athletics –track and field
					*Year 6 Top up Swimming <i>(Wednesday PM)</i>	*Year 6 Top up Swimming <i>(Wednesday PM)</i>

**Due to swimming data, Year 6 are expected to require top up swimming in summer term. Year 5 will continue to learn striking and fielding. Tennis and athletics will take place as a mixed 5/6 class during summer term in their second PE session each week.*