

PE Year Planner 2025-2026

EYFS	Staff	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
1hr PE lesson with class teacher each week + Enabling environment to ensure competence and confidence in gross motor skills	Class Teachers 1hr/week	BEAM Games Beanbag skills	BEAM Gymnastics Balance	BEAM Gymnastics Balance	Athletics Fun with Quoits & Cones	Net and Wall Bats and balls	Dance Minibeasts
	Enabling Environment Physical development prime area of EYFS curriculum	Playground and Forest Areas in Challenge and Explore Time (child-initiated play) <ul style="list-style-type: none"> • Bikes, trikes and scooters on the playground • Opportunities for running, jumping, dancing, hopping, skipping and climbing games • Bats, balls, hockey sticks and balancing equipment • Digging and mud-kitchen used during continuous provision • Active and playful learning to encourage children to explore, 'have a go' and manage risk Physical development is a prime area of learning and each child is carefully supported to develop their gross and fine motor skills.					
	Outcomes	Children at the expected level of development <i>will be able to</i> : <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. 					

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Year 1	Staff	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2hrs structured PE lesson/ week + Enabling environment to ensure competence and confidence in gross motor skills	Coaches 1hr/week	Games Throwing and catching games	Gymnastics Balance and agility	Games Football	Striking and Fielding Striking and Fielding	Athletics Running and jumping	Games Introduction to Invasion
	Class Teachers 1hr/week	Athletics Fundamentals	Net and Wall Tennis	Games Basketball	Gymnastics Jump into the past	Dance Celebrations	OAA Creative Play
	Enabling Environment	Playground and Forest Areas in Discovery Time (child-initiated play) <ul style="list-style-type: none"> • Bikes, trikes and scooters on the playground • Opportunities for running, jumping, dancing, hopping, skipping and climbing games • Bats, balls, hockey sticks and balancing equipment • Digging and mud-kitchen used during continuous provision • Active and playful learning to encourage children to explore, 'have a go' and manage risk Pupils further develop the fundamental movement skills from EYFS and become increasingly competent and confident. They can access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.					
Outcomes	Pupils at the expected level of development <i>will be beginning</i> to: <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns 						

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Year 2	Staff	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2 hrs structured PE lesson/ week	Coaches 1hr/week	Games Group games	Gymnastics Balance and coordination	Games KS1 Tag Rugby	Striking and Fielding Striking and Fielding	Athletics Track and Field	Games Sending and receiving games
	Class Teachers 1hr/week	Athletics Movements	Net and Wall Tennis	Games Dodgeball	Gymnastics Famous People	Dance UK Traditional dances	OAA Rule Making
	Intent	<ul style="list-style-type: none"> • All children have opportunities to master basic movements and fundamental skills and begin to apply these in a range of activities. Coaches and TAs in each lesson provide targeted support to children finding a skill more challenging and to extend and develop exceeding children. • Pupils are exposed to a wider range of games and have the time to enjoy being active • All children are physically active for a sustained period of time • Children are able to engage in competitive and co-operative physical activities, in a range of increasingly challenging situations • Team games support all children to compete in sport and enjoy being active. It builds character and helps to embed values such as respect and fairness. 					
	Outcomes	Pupils at the expected level of development <i>will be able to</i> : <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns 					

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Year 3	Staff	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2 hr structured PE lesson/ week	Coaches 1hr/week	Games Dribbling to invade (hockey and football)	Gymnastics Symmetrical shapes	Games Football	Striking and Fielding Striking and Fielding	Athletics Track and Field	Games Quicksticks Hockey
	Class Teachers 1hr/week	Athletics Being an Athlete	Net and Wall Serving, striking and returning	Games Basketball	Gymnastics Travelling Romans	Dance Bollywood	OAA Thinking Aloud
	Intent	<ul style="list-style-type: none"> Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them. Coaches and TAs in each lesson provide targeted support to children finding a skill more challenging and to extend and develop exceeding children. Pupils are exposed to a wider range of games and have opportunities to enjoy communicating, collaborating and competing with each other. All children are physically active for a sustained period of time Pupils should start to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success Team games enable all children to compete in sport and enjoy being active. It builds character and helps to embed values such as respect and fairness. 					
	Outcomes	Pupils at the expected level of development <i>will be beginning to</i> : <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination play competitive games, including cricket, football, hockey, rounders and tennis, and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance through athletics and gymnastics perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. 					

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Year 4	Staff	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Including swimming and water safety	Coaches 1hr/week	Games Passing and Moving	Gymnastics Direction	Games Rugby	Striking and Fielding Striking and Fielding	Athletics Track and Field	Games Quicksticks Hockey
	Teachers 1hr/week	Athletics Record Breaking	Net and Wall Games Returning	Games Dodgeball	Gymnastics Symmetrical Stone Age	Dance Charleston	OAA Decisions
	Ms Highsted	Swimming					
	Intent	<ul style="list-style-type: none"> • Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them. Coaches and TAs in each lesson provide targeted support to children finding a skill more challenging and to extend and develop exceeding children. • Pupils are exposed to a wider range of games and have opportunities to enjoy communicating, collaborating and competing with each other. • All children are physically active for a sustained period of time • Pupils should start to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success • Team games enable all children to compete in sport and enjoy being active. It builds character and helps to embed values such as respect and fairness. 					
	Outcomes	<p>Pupils at the expected level of development <i>will be beginning to</i>:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • play competitive games, including netball, basketball, cricket and rounders, and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance through athletics and gymnastics • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • Compare their performances with previous ones and demonstrate improvement to achieve their personal best <p>Pupils are taught swimming and water safety. Pupils <i>will be able to</i>:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively, including front crawl, backstroke and breaststroke • perform safe self-rescue in different water-based situations. 					

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Year 5	Staff	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2 hrs structured PE lessons/week Including opportunities to apply and develop a broader range of skills	Coaches 1hr/week	Games Invasion in a team	Gymnastics Abstract Angles	Games Rugby	Striking and Fielding	Athletics Track and field	Games Invasion
	Class Teachers 1hr/week	Athletics Olympic Training	Net and Wall Accuracy and rallies	Games Dodgeball	Gymnastics Viking Balance	Dance Rock n' Roll	OAA Leadership
	Intent	<ul style="list-style-type: none"> Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them. Coaches and TAs in each lesson provide targeted support to children finding a skill more challenging and to extend and develop exceeding children. Pupils are exposed to a wider range of games and have opportunities to enjoy communicating, collaborating and competing with each other. All children are physically active for a sustained period of time Team games enable all children to compete in sport and enjoy being active. It builds character and helps to embed values such as respect and fairness. Pupils will practise and develop their key skills across a variety of sports/ activities and are encouraged to reflect on how they can challenge themselves. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success across different sporting disciplines. 					
	Outcomes	Pupils at the expected level of development <i>will be able to</i> : <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination play competitive games, including football, hockey, volleyball and tennis, and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance through athletics and gymnastics perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best 					

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Year 6	Staff	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
2 hrs structured PE lessons/week Including opportunities to apply and develop a broader range of skills	Coaches 1hr/week	Games Invasion Competative	Gymnastics 'Perfecting' In Which Quadrant?	Games Rugby	Striking and Fielding Teamwork	Athletics Track and Field	Games Invasion to score
	Teachers 1hr/week	Athletics Athletics	Net and Wall Tennis	Games Dodgeball	Gymnastics Travelling in WW2	Dance Street Dance	OAA Finding Success
	Intent	<ul style="list-style-type: none"> Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them. Coaches and TAs in each lesson provide targeted support to children finding a skill more challenging and to extend and develop exceeding children. Pupils are exposed to a wider range of games and have opportunities to enjoy communicating, collaborating and competing with each other. All children are physically active for a sustained period of time Team games enable all children to compete in sport and enjoy being active. It builds character and helps to embed values such as respect and fairness. Pupils will practise and develop their key skills across a variety of sports/ activities and are encouraged to reflect on how they can challenge themselves. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success across different sporting disciplines. 					
	Outcomes	Pupils at the expected level of development <i>will be confident</i> to: <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination play competitive games, including netball, basketball, volleyball and tennis, and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance through athletics and gymnastics perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best 					

OAA – Outdoor Adventurous Activity