
























Physical Education School Overview 2024-2025
 Responsibility Resilience Independence Curiosity Respect Kindness Honesty Self-belief

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Multiskills Intro to PE Fundamental Movement Skills 	Dance Explore different ideas and movements 	Multiskills Throwing and Catching Use basic skills effectively 	Gymnastics (floor) Exploration of the importance of coordination and balance 	Multiskills Large Ball Skills Children to explore various way of working with a large ball 	Athletics Exploration of movements, such as running, jumping and throwing 
Reception	Multiskills Intro to PE Running at different speeds Spatial Awareness Jumping techniques Throwing techniques 	Dance To copy basic actions and movements to the music. 	Multiskills Throwing and Catching Balancing, throwing and catching 	Gymnastics (floor) To understand the importance of co-ordination and balance to further develop into performing jumps and rolls and the use of apparatus 	Multiskills Large Ball Skills focusing on fundamental skills such as throwing bouncing catching rolling dribbling 	Athletics Running at different speeds Spatial Awareness Jumping techniques Throwing techniques 
Year 1	Multiskills ABC's (agility, balance, co-ordination) To develop FUNDAMENTAL movement skills through Agility, Balance and Coordination. 	Dance Change rhythm, speed, level and direction 	Multiskills Throwing and Catching To explore different ways of throwing, bouncing, and catching individually and in challenges. 	Gymnastics (apparatus) Copying skills and begin to link these together to form short sequences 	Multiskills (Games) Practice and develop coordination of movement and skills with increasing precision, control and accuracy. 	Athletics Run in different directions and at different speeds, using a good technique. 
Year 2	Multiskills ABC's (agility, balance, co-ordination) Using a variety of equipment to develop coordination of movement and skills with increasing precision, control and accuracy 	Dance To link actions to music, performing dance moves and routines with fluency 	Multiskills Throwing and Catching Using a variety of equipment, Practice and develop coordination of movement and skills with increasing precision, control and accuracy. 	Gymnastics (apparatus) Copy and repeat skills and link these together with movement to create fluent sequences with a variety of simple dynamics 	Multiskills (Games) Apply skills and movement, in small sided non-competitive and competitive games 	Athletics Choose and understand appropriate running techniques. Compete in a mini competition, recording scores. 