
























Physical Education School Overview 2025-2026

Responsibility Resilience Independence Curiosity Respect Kindness Honesty Self-belief

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