

PE Curriculum Overview 2025-2026



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS	Dance Fundamentals Finger Gym	Manipulation and Co-ordination Fundamentals Finger Gym	Body Management Finger Gym	Cooperation/Problem Solving Finger Gym	Montague Finger Gym Balanceability	Montague Finger Gym Balanceability
All Year Groups	Montagu Functional Movement <i>General Hand-Eye Co-ordination</i> Rugby (Invasion) Basketball (Invasion) Netball (Invasion) Functional Movement at the start of the year builds strength in the legs to improve strength, speed, agility, power, balance across all sports. Rugby is a direct progression of working on movement as it has the same		Montagu Foot-Eye Co-ordination/Football (Invasion) Hand-Eye Co-ordination Hitting (along the floor) -Hockey (Invasion) We will be revisiting many of the same principles as the team invasion games of netball and basketball from Autumn 2 but using our feet! Hockey flows nicely on from football as it is almost the same sport just played with the hands and sticks (tennis rackets lower down to make it easier!). It has exactly the same principles however - a team invasion sport - and scoring into goals!		Montagu Hand-Eye Co-ordination Hitting (airborne) - Cricket Athletics Cricket follows hockey as the principles to start with are hitting a moving ball along the ground (Again, initially with tennis rackets to make it easier). It develops into more of an 'airborne striking sport' but hitting along the ground is the starting point. Athletics follows on from cricket as both sports feature running and throwing particularly. It is also the appropriate time to deliver athletics in the build up to Sports day.	

	principles but with a ball in hands - this can be done easily in EYFS too! Again, with regard to basketball and netball, EYFS and KS 1 will be doing more 'General Hand-Eye Co-ordination' but the skills will contribute to the foundations of the 2 sports. Basketball and netball follow nicely on from rugby. Very similar principles - hand-eye invasion team game (attack v defence) Basketball and netball transfer very smoothly to each other with many of the same principles - same passes, movement into space and shooting.		
1	Montagu Term 1- Balanceability Term 2- Gymnastics - compose, perform, appreciate - sequence, balance, travel, jump, roll	Montagu Term 3- Attack, Defend, Shoot Term 4- Dance - co-operation within team sports - attacking and defending - compose, perform, appreciate	Montagu Term 5- Run, Jump, Throw Term 6- Hit, Catch, Run - running, jumping, throwing - balance, agility and co-ordination
2	Montagu Term 1- Attack, Defend, Shoot Term 2- Gymnastics - attacking and defending - sequence, balance, travel, jump, roll	Montagu Term 3- Send and Return Term 4- Dance - co-operation within team sports - throwing and catching - running and jumping - attacking and defending - compose, perform, appreciate	Montagu Term 5- OAA Term 6- Hit, Catch, Run and Swimming - throwing and catching - balance, agility and co-ordination

Justification- Strong focus on development of fundamental movement skills. Improve confidence and competence across all areas. Introductions to competitive team games. Perform simple movement patterns. Activities selected based upon time of year and extra-curricular opportunities. Balanceability at the start of Y1- focus on learning to ride a bike. EYFS- summer term. End of year celebration.

3	Montagu Term 1- Gymnastics Term 2- Netball • sequence, balance, travel, jump, roll • develop flexibility, strength, technique, control. • evaluate • competitive team collaboration • throwing and catching • running and jumping • attacking and defending • play fairly and evaluate	Montagu Term 3- Handball Term 4- OAA • competitive team collaboration • throwing and catching • running and jumping • attacking and defending • play fairly and evaluate • observe, communicate, problem solve	Montagu Term 5- Cricket Term 6- Athletics and Swimming • throwing and catching • running and jumping • adhere to basic rules
4	Montagu Term 1- Hockey Term 2- Gymnastics • sequence, balance, travel, jump, roll • develop flexibility, strength, technique, control. • evaluate • sending and receiving • attacking and defending • play fairly and evaluate	Montagu Term 3- Dance Term 4- Football • compose, perform, appreciate • sequence, balance, travel, jump, roll • develop flexibility, strength, technique, control. • evaluate • attacking and defending • evaluate	Montagu Term 5- Cricket Term 6- Athletics and Swimming • running, jumping, throwing • striking • explore different shots • positioning
5	Montagu Term 1- Gymnastics Term 2- Dance • compose, perform, appreciate • sequence, balance, travel, jump, roll	Montagu Term 3- Handball Term 4- OAA • sequence, balance, travel, jump, roll	Montagu Term 5- Rounders Term 6- Athletics and Swimming • competitive team collaboration • throwing and catching • running and jumping

	• develop flexibility, strength, technique, control. • evaluate • use specific skills • understand positioning • use a range of passes	• develop flexibility, strength, technique, control. • evaluate • observe, communicate, problem solve	• play fairly and evaluate • tactics for maximum team effectiveness • points scoring and leadership
6	Montagu Term 1- Hockey Term 2- Gymnastics • develop flexibility, strength, technique, control, balance • evaluate • set realistic targets • leadership demonstrating safety • strategy and tactics	Term 3- Tag Rugby Term 4- Netball • competitive team collaboration • throwing and catching • running and jumping • attacking and defending • play fairly and evaluate • tactics for maximum team effectiveness • points scoring and leadership	Term 5- Swimming (HH), Rounders Term 6- Athletics • WHAT, WHERE, WHO, HOW • throwing and catching • running and jumping • play fairly and evaluate • full scoring systems
Justification- Build upon all skills taught in KS1 but now begin to link skills and movements across a range of activities. Children develop communication and collaboration skills. They can play fairly and show an awareness of safety. A strong awareness of evaluation and leadership. Swimming as per NC14 guidelines.			