EYFS overview 2025-2026

	Autumn 1 6 weeks of PE	**Autumn 2** 7 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 6 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Nursery	NO PE due to settling the children in	Introduction to PE – unit 1 (sports coach to teach)	Fundamentals – unit 1 (sports coach to teach)	Ball skills – unit 1 (RK to teach)	Games – unit 1 (sports coach to teach)	Gymnastics – unit 1 (RK to teach)
Assessment from age 3-4	Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting.					
	Autumn 1 6 weeks of PE	**Autumn 2** 7 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 6 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Reception	Fundamentals – unit 2 (AG to teach)	Multiskills (sports coach to teach)	Gymnastics – unit 2 (AG to teach)	Team games (sports coach to teach)	Games – unit 2 (AG to teach)	Ball skills – unit 2 (sports coach to teach)
Assessment from ELG	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.					

KS1 PE overview 2025-2026

	Autumn 1 6 weeks of PE	**Autumn 2** 7 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 5 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Year 1 – Sports coach			Multiskills	Attacking and defending		Gymnastics
Assessment			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 using simple movement patterns.
Year 1 – Class teacher	Fundamentals	Sending and receiving	Yoga	Dance	Team building	Striking and fielding
Assessment	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	Master basic movements including running, jumping, throwing and catching, as well as developing balance,	To support children's mental health and well being	perform dances using simple movement patterns.	Master basic movements including running, jumping, 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

	Autumn 1 6 weeks of PE	**Autumn 2** 7 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 5 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Year 2 – Sports coach	Multiskills			Dance	Target games	
Assessment	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			Perform dances using simple movement patterns.	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	
Year 2 – class teacher	Fundamentals	Sending and receiving	Invasion games	Yoga	Net and wall	Athletics
Assessment	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	Master basic movements including running, jumping, 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	To support children's mental health and well being	Participate in team games, developing simple tactics for attacking and defending	Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

LKS2 PE overview 2025-2026

	Autumn 1 6 weeks of PE	**Autumn 2** 7 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 5 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Year 3 – sports coach	Netball		Athletics		Cricket	
Assessment	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending		Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]		Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	
Year 3 – class teacher	Fundamentals	Basketball	Dodgeball	Dance	Yoga	Badminton
Assessment	Use running, jumping, throwing and catching in isolation and in combination	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns	To support children's mental health and well being develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

	Autumn 1 6 weeks of PE	**Autumn 2** 7 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 5 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Year 4 – sports coach		Multiskills		Hockey		American Football
Assessment		Use running, jumping, throwing and catching in isolation and in combination		Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending		Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Year 4 – class teacher	Fundamentals	Volleyball	Gymnastics	Handball	OAA	Football
Assessment	Use running, jumping, throwing and catching in isolation and in combination	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Take part in outdoor and adventurous activity challenges both individually and within a team	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

UKS2 PE overview 2025-2026

	Autumn 1 6 weeks of PE	**Autumn 2** 8 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 6 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Year 5 – sports coach	Basketball	Tag rugby			Cricket	
Assessment	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending			play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	
Year 5 – class teacher	Parkour	Yoga	Dance	Volleyball	Swimming	OAA
Assessment	use running, jumping, throwing and catching in isolation and in combination	To support children's mental health and well being develop flexibility, strength, technique, control and balance	perform dances using a range of movement patterns	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	Take part in outdoor and adventurous activity challenges both individually and within a team

	Autumn 1 6 weeks of PE	**Autumn 2** 7 weeks of PE	**Spring 1** 6 weeks of PE	**Spring 2** 5 weeks of PE	**Summer 1** 5 weeks of PE	**Summer 2** 7 weeks of PE
Year 6 – sports coach	Multiskills		Handball			Fitness
Assessment	use running, jumping, throwing and catching in isolation and in combination		play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending			develop flexibility, strength, technique, control and balance
Year 6 – class teacher	Parkour	Gymnastics	Netball	Hockey	Rounders	Tennis
Assessment	develop flexibility, strength, technique, control and balance [for example, through	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Clubs	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Football 3/4	Dodgeball 1/2	Football 5/6	Hitting games 1/2	Cricket 3/4	Basketball 5/6