

P.E Overview of topics covered

Year Group	Autumn		Spring		Summer	
	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term
N Nursery Cycle 1 Physical Development – PD 2025-2026	Traditional ring games – getting used to working together / following instructions and going in the hall.	Mats / soft play – developing core control and investigating body movement (jump, hop, skip, slither) Dance – Let’s Move Seasons and Christmas	Dance – Small steps Big moves Let’s Move: Space and ‘Walking on the moon’.	Mats / soft play – developing core control and investigating body movement (jump, hop, skip, slither) Mats and bench (gymnastics) and spatial awareness / use of body parts to begin to take weight.	Sequencing movements – mats / benches and large apparatus extending ideas of moving using different parts of the body.	Throwing and catching – beanbags and balls including games with simple rules Aiming and throwing – beanbags and targets Athletics and team games
R Reception Cycle 1 2025-2026	Throwing and catching Autumn 1 – Theme - I can Introduction to the basic 5 skills of dance – jump, roll, turn, travel and stillness. Focus on balance and natural co-ordination.	Autumn 2- Simple games with rules Autumn 2 – Theme - Fairy Tales Extend basic skills of dance and develop a small amalgamation piece working with a partner. Focus on developing basic combination of steps in a fluent	Spring 1 - Introduction to mats and benches. Introducing safety rules Spring 1 - Theme .. Three Little Pigs Introduction of new sequences / combinations to develop body strength, co-ordination and agility. Focus on different types of	Spring 2 – Introduce large apparatus to develop spatial awareness and gross motor skills. Sequencing movements – mats / benches and large apparatus. Spring 2- Theme - Under the Sea. Extend basic skills of dance and develop a small amalgamation piece working with a	Summer 1 – Introduction to team games. Summer 1 – Theme - The Ugly Duckling Performing in groups, expressing performance skills. Focus on the 5 basic skills of dance and link them to make a ‘motif’.	Summer 2 – Development of athletics skills and sports day team games. Summer 2 – Theme – Exploration of Dance Perform in groups a sequence that incorporates a combination of different movements. Focus on balance and control.

		way.	music – group work and solo.	partner. Focus on watching and using professional works and study of a choreographer.		
1	Gymnastics Games – Running, jumping, throwing and catching Tennis – all term	Gymnastics Games – Running, jumping, throwing and catching Tennis – all term	Dance 1&2 Gymnastics Tennis – all term	Dance 1&2 Games – Running, jumping, throwing and catching Tennis – all term	Games – Running, jumping, throwing and catching Gymnastics Tennis – all term	Rounders Dance Tennis – all term
2	Gymnastics 1&2 Games – Ball skills	Gymnastics 1 & 2 Dance	Dance 1&2 Games	Dance 1&2 Gymnastics	Games 1&2 Ball skills (barriers) and competitions Dance	Games 1&2 Ball skills (barriers) and competitions
3	Gymnastics	Gymnastics	Gymnastics-	Games – Tennis	Athletics 1&2	Athletics 1&2

	Games – Netball	Dance	Rhythmic Dance	Games - Basketball	Outdoor & Adventure	Rounders
4	Swimming Games – Netball & Hockey	Swimming Dance	Swimming Gymnastics	Swimming Games – Football and Tennis	Swimming Outdoor & Adventure activities	Athletics
5	Games – Football Games - Hockey	Dance Gymnastics	Dance Gymnastics	Gymnastics Outdoor & Adventure activities	Games - Cricket Athletics	Games – Cricket Games- Tennis
6	Games – Basketball	Circuit training Gymnastics	Games – Tennis Dance – Line dancing	Games - Tennis	Games – Cricket	Swimming Outdoor & Adventure activities

	Dance - Cheerleading					
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