Year 1 - Physical Education Curriculum Overview 2026-27

YR 1	Autumn 1 (7weeks)	Autumn 2 (8)	Spring 1(5)	Spring 2 (6)	Summer 1 (6)	Summer 2 (7)
Content	Fundamental Movements	Sending and Receiving	Gymnastics	Team Building Activities	Athletics	Target Games

Key new knowledge	• I can change direction when moving at speed. • I can recognise changes in my body when I do exercise. • I can run at different speeds. • I can select my own actions in response to a task. • I can show hopping and jumping movements. • I can work co-operatively with others to complete tasks. • I show balance and coordination when static and moving at a slow speed.	• How to roll a ball accurately to a partner or target. • How to stop a rolling ball using hands or feet with control. • How to throw a ball underarm with accuracy and correct technique. • How to catch a ball with two hands using correct hand positioning. • How to adjust throwing power and aim for different distances. • How to send and receive a ball in small games while working as a team.	• How to travel in different ways – crawling, walking, skipping. • How to balance and hold positions with control. • How to link movements together to form a short sequence. • How to perform basic jumps, rolls, and shapes in gymnastics. • How to move safely on the floor and low apparatus.	• How to follow simple instructions to complete a task with a partner. • How to take turns and share equipment during group activities. • How to communicate effectively with a teammate to solve challenges. • How to show encouragement and support to teammates.	Running Jumping Throwing	Aiming Accurately rolling Throwing objects at targets
Assessments	Observation, peer feedback, skill challenges.	Observation, Q&A checks, partner challenges.	Observation, self-assessment, group feedback.	Observation, discussion, class reflection.	Observation, simple performance tracking, verbal feedback.	Observation, questioning, mini accuracy tests.

Year 2 - Physical Education Curriculum Overview 2026/27

YR 2	Autumn 1 (7weeks)	Autumn 2 (8)	Spring 1(5)	Spring 2 (6)	Summer 1 (6)	Summer 2 (7)
Content	**Fundamental Movements**	**Sending and Receiving**	**Gymnastics & Dance**	**Team Building Activities**	**Athletics**	**Target Games**
Key new knowledge	Fluent directional movement One or two-footed jumps Controlled running speeds Hopping and skipping sequences	Improved rolling accuracy Consistent catching Underarm throws to moving targets Stopping and preparing balls	Complex balances Smooth transitions Movement patterns with music Controlled sequences	How to work cooperatively with a partner to solve a challenge. How to take on a role within a small team to complete a task. How to communicate clearly with teammates to achieve a goal. How to demonstrate patience and fairness when working in a group.	Controlled running speeds Safe jumping for height and distance Overarm throws with accuracy Smooth relay participation	Accurate rolling to small targets Controlled beanbag throws Aiming and striking with equipment Applying simple tactics
Assessments						