Year 3 - Physical Education Curriculum Overview 2026/27

YR 3	Autumn 1 (7weeks)	Autumn 2 (8)	Spring 1(5)	Spring 2 (6)	Summer 1 (6)	Summer 2 (7)
Content	**Invasion Games** *(suggested activities)* • Football • Basketball • Tag Rugby • Netball • Hockey • Handball	**Net / Wall Games** *(suggested activities)* • Badminton • Pickleball • Tennis	**Movement Patterns** *(suggested activities)* • Gymnastics • Dance • Yoga	**Targeting Games** *(suggested activities)* • Golf • Dodgeball	**Performance Skills** *(suggested activities)* • Track & Field • Fitness	**Striking & Fielding** *(suggested activities)* • Rounders • Cricket
Key new knowledge	Understanding how to dribble a ball while maintaining control Passing a ball accurately over short distances Recognising open spaces to support teammates Learning the basic rules of invasion games	Holding the racket with the correct grip for control Striking a ball or shuttlecock using a forehand motion Preparing for a shot by moving into position Understanding and following the rules of net/wall games	Performing simple balances and movements with control Linking two movements together smoothly Demonstrating focus and awareness in basic yoga poses	Throwing objects with basic control at stationary targets Understanding the rules and objectives of targeting games Catching or avoiding objects with basic awareness	Running with balance and posture over short distances Attempting simple jumping techniques with balanced landings Practising basic throwing actions for accuracy	Holding the bat correctly to strike a stationary ball Performing underarm throws with basic control Catching a ball thrown directly at them

Year 4 - Physical Education Curriculum Overview

YR 4	Autumn 1 (7weeks)	Autumn 2 (8)	Spring 1(5)	Spring 2 (6)	Summer 1 (6)	Summer 2 (7)
Content	**Invasion Games** *(suggested activities)* • Football • Basketball • Tag Rugby • Netball • Hockey • Handball	**Net / Wall Games** *(suggested activities)* • Badminton • Pickleball • Tennis	**Movement Patterns** *(suggested activities)* • Gymnastics • Dance • Yoga	**Targeting Games** *(suggested activities)* • Golf • Dodgeball	**Performance Skills** *(suggested activities)* • Track & Field • Fitness	**Striking & Fielding** *(suggested activities)* • Rounders • Cricket
Key new knowledge	Developing control when dribbling the ball and avoiding opponents Passing accurately over longer distances during gameplay Understanding the importance of creating space and starting to apply it Using simple defensive techniques, like marking opponents, to prevent scoring	Performing forehand strokes with improved accuracy to maintain rallies Positioning effectively to return the ball during gameplay Applying simple strategies, such as targeting open spaces Starting to use an underarm serve to begin rallies consistently	Holding more challenging balances, such as one-legged or partner balances Transitioning between movements with greater control and fluidity Combining yoga poses into a sequence with a focus on posture and breathing	Throwing objects with developing accuracy at moving targets Applying simple strategies, like aiming for open spaces Demonstrating respect and fair play while following the rules	Running efficiently with steady pacing and arm movements Developing basic jumping skills with improved control Performing safe and controlled throwing techniques with precision	Adapting batting techniques to hit a moving ball with consistency Performing overarm throws with greater accuracy and power Stopping and retrieving balls effectively when fielding
Assessments						

Year 5 - Physical Education Curriculum Overview

YR 5	Autumn 1 (7weeks)	Autumn 2 (8)	Spring 1(5)	Spring 2 (6)	Summer 1 (6)	Summer 2 (7)
Content	**Invasion Games** *(suggested activities)* • Football • Basketball • Tag Rugby • Netball • Hockey • Handball	**Net / Wall Games** *(suggested activities)* • Badminton • Pickleball • Tennis • Volleyball	**Movement Patterns** *(suggested activities)* • Gymnastics • Dance • Yoga	**Targeting Games** *(suggested activities)* • Golf • Dodgeball	**Performance Skills** *(suggested activities)* • Track & Field • Fitness	**Striking & Fielding** *(suggested activities)* • Rounders • Cricket
Key new knowledge	Dribbling with control under defensive pressure Passing accurately to moving teammates during gameplay Demonstrating a basic understanding of attacking strategies, like overlapping runs Beginning to use defensive principles, such as tracking opponents or intercepting passes	Performing both forehand and backhand strokes with reasonable control Adjusting positioning on the court to react to opponents' movements Explaining the importance of effective court positioning during rallies Developing short rallies with a partner to maintain gameplay	Maintaining precision and control during balances and complex movements, like backward rolls Choreographing and performing short sequences with linked movements Performing flowing yoga sequences, demonstrating flexibility and strength	Adapting throwing techniques to different distances and targets during gameplay Predicting opponents' movements and adjusting positioning accordingly Reflecting on performance to identify areas for improvement	Practicing pacing strategies for short and middle-distance runs Performing a variety of jumping actions, such as standing jumps and small combinations Exploring throwing techniques with lightweight objects to improve accuracy	Timing shots to hit balls into open spaces during gameplay Demonstrating different throwing techniques depending on fielding requirements Catching balls at varying heights with improved consistency

Year 6 - Physical Education Curriculum Overview

YR 6	Autumn 1 (7weeks)	Autumn 2 (8)	Spring 1(5)	Spring 2 (6)	Summer 1 (6)	Summer 2 (7)
Content	**Invasion Games** *(suggested activities)* • Football • Basketball • Tag Rugby • Netball • Hockey • Handball	**Net / Wall Games** *(suggested activities)* • Badminton • Pickleball • Tennis • Volleyball	**Movement Patterns** *(suggested activities)* • Gymnastics • Dance • Yoga	**Targeting Games** *(suggested activities)* • Golf • Dodgeball	**Performance Skills** *(suggested activities)* • Track & Field • Fitness	**Striking & Fielding** *(suggested activities)* • Rounders • Cricket
Key new knowledge	Dribbling with control while looking for passing opportunities Combining passing and movement to build simple attacking plays Understanding and applying basic team tactics, such as switching play Evaluating positioning during defence to improve marking or intercepting	Refining forehand and backhand strokes to make returns more consistent Maintaining longer rallies with a partner using a variety of strokes Exploring tactics, such as targeting open spaces on the court Performing a controlled underarm serve to begin rallies	Demonstrating advanced balances and movement sequences with body tension and confidence Adapting movements and yoga poses to improve coordination, strength, and flexibility Refining and evaluating sequences to improve fluidity and performance	Performing advanced throwing techniques with control, like underarm and overarm throws Anticipating and reacting quickly during gameplay to avoid being caught or hit Evaluating performance and providing constructive feedback to others	Refining running technique, focusing on consistent speed and stamina over different distances Performing more advanced jumping combinations with fluid movements and balanced landings Developing throwing techniques that combine controlled power and accuracy	Adjusting batting stance and grip to control the direction of shots Anticipating the ball's trajectory to position effectively for fielding Backing up throws and cutting off runs to prevent scoring during gameplay Applying basic fielding strategies, like marking key players and guarding zones

Assessments						