



## Physical Education - Long Term Curriculum Overview 2025-26

Subject area	Autumn Term A	Autumn Term B	Spring Term A	Spring Term B	Summer Term A	Summer Term B
<b>F1</b>	Link movements to the marks they make. Beginning to balance blocks to build a tower – making walls for Humpty Dumpty. Picking up small objects between thumb and fingers and using a whole-hand grasp when making marks.	Squatting with steadiness and moving unaided. Walking up steps, at first holding the hand of an adult. Beginning to show increasing pen/brush control and a dominant hand. Clap and stamp to music, remember a sequence of movements and begin to eat independently (snack/lunch/food tasting).	Kicking a large ball. Running safely on whole foot. Turns pages in a book, sometimes several at once. Shows increasing control with equipment (including jugs, hammers, books, mark-making tools) and beginning to use a comfortable grip.	Climbing with confidence on play equipment. Walking up and down steps holding onto a rail. Beginning to use tripod grip. Builds independently, matching their ability and skills to tasks.	Stands on one foot momentarily. Catches a large ball. Uses one-handed tools and equipment (including making snips with scissors). Increasing independence. Develops manipulation and control. Chooses resources and equipment independently.	Moves freely and with confidence and in a range of ways. Using a comfortable grip and with good control and uses a dominant hand. Works collaboratively or in groups. Sit on or use wheeled toys and bikes or scooters. Become more independent with dressing.
<b>F2</b>	Gross motor- Outdoor provision Fine motor- Linked provision <b>Forest School</b>	Running skilfully whilst negotiating space, adjusting speed and direction Effects on our bodies <b>Forest School</b>	Experiment with different types of movement.(Gymnastics) Jumping off objects safely and carefully (Apparatus) Different ways of travelling with confidence- under/ over/ through <b>Forest School</b>	Balance and Coordination (Dance) <b>Forest School</b>	Hand/Eye Coordination- (Throwing/catching/ kicking balls) Negotiating space carefully <b>Forest School</b>	Strength, balance and coordination wheel playing- (Team games/ Sports day preparation) <b>Forest School</b>
<b>Year 1</b>	<b>Gymnastics</b> <b>Invasion Games</b> <b>Multi skills</b>	<b>Multi skills</b> <b>Gymnastics</b> <b>Invasion Games</b>	<b>OAA</b> Outdoor and Adventurous Activities <b>Dance</b> <b>Invasion Games</b>	<b>Net and Wall</b> <b>Dance</b> <b>Strike &amp; Field Games</b>	<b>Athletics</b> <b>Strike &amp; Field Games</b> <b>Net and Wall</b>	<b>Athletics</b> <b>Invasion Games</b> <b>Multi sports</b>
<b>Year 2</b>	<b>Gymnastics</b> <b>Invasion Games</b> <b>Multi skills</b>	<b>Gymnastics</b> <b>Invasion Games</b> <b>Multi skills</b>	<b>OAA</b> <b>Dance</b> <b>Invasion Games</b>	<b>Net and Wall</b> <b>Dance</b> <b>Strike &amp; Field Games</b>	<b>Athletics</b> <b>Strike &amp; Field Games</b> <b>Net and Wall</b>	<b>Athletics</b> <b>Invasion Games</b> <b>Multi sports</b>

Year 3	Invasion Games (Basketball) Gymnastics	Invasion Games (Hockey) Gymnastics	Dance Invasion Games (Tag Rugby)	Net and Wall OAA	Athletics Strike & Field Games	Athletics Strike & Field Games
Year 4	Invasion Games (Basketball) Gymnastics	Invasion Games (Hockey) Gymnastics	Dance Invasion Games (Tag Rugby)	Net and Wall OAA	Athletics Strike & Field Games	Athletics Strike & Field Games
Year 5	Invasion Games (Netball) Gymnastics	Invasion Games (Touch Football) Gymnastics	Dance OAA	Net and Wall Invasion Games (Quidditch)	Athletics Strike & Field Games	Athletics Strike & Field Games
Year 6	Invasion Games (Netball) Gymnastics	Invasion Games (Touch Football) Gymnastics	Dance OAA	Net and Wall Invasion Games (Quidditch)	Athletics Strike & Field Games	Athletics Strike & Field Games