



Subject Overview

This document shows the Early Learning Goals and National Curriculum coverage for Physical Education. It highlights when each subject should be taught and which aspect of the National Curriculum is to be planned for. This is the starting point for the planning of a sequence of learning in each area. The placement of each objective has been carefully planned to allow for the clear progression of knowledge and skills.

This document should be used alongside the individual subject substantive and disciplinary knowledge progression maps for each year group. This is not a working document and should not be changed or altered without discussion with the subject lead.

Year Group	<u>Autumn 1</u>		<u>Autumn 2</u>		<u>Spri</u>	ng <u>1</u>	<u>Sprin</u>	ng 2	Sumn	<u>ner 1</u>	<u>Summer 2</u>	
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
EYFS	Intro to PE Unit 1 and 2		Dance- Unit 1 and 2		FMS- Unit :	1 and 2	Gymnastics – Unit 1 and 2		Ball skills- Unit 1 and 2		Games- Unit 1 and 2	
KS1												
Y1	Gymnastics	Fundament als	Dance	Gymnastics	Ball Skills	Sending and receiving	Team building	Ball skills	Striking and fielding	Net and Wall	Invasion Games	Athletics
Y2	Gymnastics	Fundament als	Dance	Gymnastics	Balls Skills	Sending and receiving	Team building	Ball Skills	Striking and fielding	Net and Wall	Invasion Games	Athletics
				-		KS2				-		
Y3	Sports Hall Athletics	Rugby League	Dance	Gymnastics	Basketball	Hockey	OAA	Tennis	Swimming	Athletics	Swimming	Diamond Cricket
Y4	Sports Hall Athletics	Rugby League	Dance	Gymnastics	Basketball	Swimming	Swimming	Tennis	Rounders	Athletics	Athletics	Diamond Cricket
Y5	Sports Hall Athletics	Hockey	Dance	Gymnastics	Basketball	Netball	OAA	Dodgeball	Rounders	Athletics	Athletics	Kwik Cricket
Y6	Sports Hall Athletics	Hockey	Dance	Gymnastics	Basketball	Sports leadership	OAA	Dodgeball	Rounders	Athletics	Athletics	Kwik Cricket





Year Group	Autumn 1		<u>Autumn 2</u>		<u>Spri</u>	<u>ng 1</u>	<u>Spri</u>	ing 2	Sum	<u>mer 1</u>	Summer 2	
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
EYFS	Early LG-		-	-	-				-			
	Negotiate spa	ce and obstacl	es safely, with c	consideration fo	or themselves a	and others						
	Demonstrate strength, balance and coordination when playing											
	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing											
Y1	Gymnastics	Fundament als	Gymnastics	Dance	Sending and	Ball skills	Team Building	Tennis- Ball skills	Striking and	Net and Wall	Invasion Games	Athletics
	NC-		NC-	NC-	receiving	NC-			fielding			NC-
	Developing	NC-	Develop	perform	_	Develop	NC-	NC-	_	NC-	NC-	Develop
	balance,	Developing	FMS,	dances	NC-	FMS,	Develop	Develop	NC-	Develop	Develop	FMS,
	agility and	balance,	master	using	Develop	master	FMS,	FMS,	Develop	FMS,	FMS,	master
	co-ordinatio	agility and	basic	simple	FMS,	basic	master	master	FMS,	master	master	basic
	n	co-ordinati	movements	movement	master	movements	basic	basic	master	basic	basic	movements
		on	-	patterns	basic	-running,	movements	movements	basic	movements	movements	-
	Leaning to		running,		movements	throwing,	-	-	movements	-	-running,	running,
	compete	Leaning to	throwing,		-	jumping,	running,	running,	-running,	running,	throwing,	throwing,
	against self	compete	jumping,		running,	catching as	throwing,	throwing,	throwing,	throwing,	jumping,	jumping,
	and others	against self	catching as		throwing,	well as	jumping,	jumping,	jumping,	jumping,	catching as	catching as
		and others	well as		jumping,	balance,	catching as	catching as	catching as	catching as	well as	well as
			balance,		catching as	agility and	well as	well as	well as	well as	balance,	balance,
			agility and		well as	co-ordinati	balance,	balance,	balance,	balance,	agility and	agility and
			co-ordinati		balance,	on	agility and	agility and	agility and	agility and	co-ordinati	co-ordinati
			on		agility and		co-ordinati	co-ordinati	co-ordinati	co-ordinati	on	on
					co-ordinati	Looping to	on	on	on	on		
			Looping to		on	Leaning to					Looping to	Looping to
			Leaning to			compete					Leaning to compete	Leaning to
			compete								compete	compete





			against self and others		Leaning to compete against self and others	against self and others	Leaning to compete against self and others	Leaning to compete against self and others	Leaning to compete against self and others	Leaning to compete against self and others	against self and others	against self and others
Y2	Gymnastics NC- Developing balance, agility and co-ordinatio n Leaning to compete against self and others	Fundament als NC- Master basic movements -develop balance, agility, co-ordinati on and begin to apply these to a range of activities Participate in team games, developing simple tactics for attacking and defending	Dance NC- perform dances using a range of movement patterns	Gymnastics NC- Developing balance, agility and co-ordinati on Leaning to compete against self and others	Sending and receiving NC- Master basic movements -develop balance, agility, co-ordinati on and begin to apply these to a range of activities Participate in team games, developing simple tactics for attacking and defending	Ball Skills NC- Master basic movements -develop balance, agility, co-ordinati on and begin to apply these to a range of activities Participate in team games, developing simple tactics for attacking and defending	Team Buildings NC- Master basic movements -develop balance, agility, co-ordinati on and begin to apply these to a range of activities Participate in team games, developing simple tactics for attacking and defending	Tennis- Ball Skills NC- Master basic movements -develop balance, agility, co-ordinati on and begin to apply these to a range of activities Participate in team games, developing simple tactics for attacking and defending	Striking and fielding NC- Master basic movements -develop balance, agility, co-ordinati on and begin to apply these to a range of activities Participate in team games, developing simple tactics for attacking and defending	Net and Wall NC- master basic movement including; running, jumping, throwing, and catching as well as developing balance, co-ordinati on, agility and apply in a range of activities	Athletics NC- master basic movement including; running, jumping, throwing, and catching as well as developing balance, co-ordinati on, agility and apply in a range of activities	Invasion Games NC- master basic movement including; running, jumping, throwing, and catching as well as developing balance, co-ordinati on, agility and apply in a range of activities Participate in team games, developing simple tactics for attacking and defending





Y3	Sports Hall Athletics	Rugby league	Dance	Gymnastics	Basketball	Hockey	ΟΑΑ	Tennis	Swimming	Athletics	Athletics	Diamond Cricket
			NC-	NC- develop	NC- NC-	NC- NC-	NC- take	NC- NC-	NC- Swim	NC- NC-	NC- NC-	
	NC- develop	NC- NC-	perform	flexibility,	develop	develop	part in	develop	competentl	develop	develop	NC- NC-
	flexibility,	develop	dances	strength,	flexibility,	flexibility,	outdoor	flexibility,	у,	flexibility,	flexibility,	develop
	strength,	flexibility,	using a	technique,	strength,	strength,	and	strength,	confidently	strength,	strength,	flexibility,
	technique,	strength,	range of	control and	technique,	technique,	adventurou	technique,	and	technique,	technique,	strength,
	control and	technique,	movement	balance	control and	control and	s activity	control and	proficiently	control and	control and	technique,
	balance	control and	patterns		balance	balance	challenges	balance	over a	balance	balance	control and
		balance					both		distance of			balance
	Use running,				Use	Use	individually	Use	at least	Use	Use	
	jumping,	Use			running,	running,	and within	running,	25m	running,	running,	Use
	throwing	running,			jumping,	jumping,	a team	jumping,	Use a range	jumping,	jumping,	running,
	and catching	jumping,			throwing	throwing		throwing	of strokes	throwing	throwing	jumping,
	in isolation	throwing			and	and		and	effectively	and	and	throwing
	and in	and			catching in	catching in		catching in	e.g. front	catching in	catching in	and
	combination	catching in			isolation	isolation		isolation	crawl,	isolation	isolation	catching in
		isolation			and in	and in		and in	backstroke	and in	and in	isolation
	Compare	and in			combinatio	combinatio		combinatio	and	combinatio	combinatio	and in
	their	combinatio			n	n		n	breaststrok	n	n	combinatio
	performanc	n							е			n
	es with				Play	Play		Play	Perform	Play	Play	
	previous	Play			competitiv	competitive		competitive	safe	competitive	competitive	Play
	ones and	competitive			e games,	games,		games,	self-rescue	games,	games,	competitiv
	demonstrat	games,			modified	modified		modified	in different	modified	modified	e games,
	e	modified			where	where		where	water-base	where	where	modified
	improvemen	where			appropriate	appropriate		appropriate	d situations	appropriate	appropriate	where
	t to achieve	appropriate										appropriate
	their				Compare	Compare		Compare		Compare	Compare	
	personal	Compare			their	their		their		their	their	Compare
	best	their			performanc	performanc		performanc		performanc	performanc	their
		performanc			es with	es with		es with		es with	es with	performanc
		es with			previous	previous		previous		previous	previous	es with
		previous			ones and	ones and		ones and		ones and	ones and	previous
		ones and			demonstrat	demonstrat		demonstrat		demonstrat	demonstrat	ones and
		demonstrat			e	e		е		e	e	demonstrat
		e			improveme	improveme		improveme		improveme	improveme	e
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		improveme nt to achieve their personal best			nt to achieve their personal best	nt to achieve their personal best		nt to achieve their personal best		nt to achieve their personal best	nt to achieve their personal best	improveme nt to achieve their personal best
Y4	Sports Hall Athletics	Rugby league	Dance	Gymnastics	Basketball	Swimming	ΟΑΑ	Tennis	Athletics	Rounders	Athletics	Diamond Cricket
		0	NC-	NC- develop	NC- NC-	NC- Swim	NC- take	NC- NC-	NC- NC-	NC- NC-	NC- NC-	
	NC- develop	NC- NC-	perform	flexibility,	develop	competentl	part in	develop	develop	develop	develop	NC- NC-
	flexibility,	develop	dances	strength,	flexibility,	у,	outdoor	flexibility,	flexibility,	flexibility,	flexibility,	develop
	strength,	flexibility,	using a	technique,	strength,	confidently	and	strength,	strength,	strength,	strength,	flexibility,
	technique,	strength,	range of	control and	technique,	and	adventurou	technique,	technique,	technique,	technique,	strength,
	control and	technique,	movement	balance	control and	proficiently	s activity	control and	control and	control and	control and	technique,
	balance	control and balance	patterns		balance	over a distance of	challenges both	balance	balance	balance	balance	control and balance
	Use running,				Use	at least	individually	Use	Use	Use	Use	
	jumping,	Use			running,	25m	and within	running,	running,	running,	running,	Use
	throwing	running,			jumping,		a team	jumping,	jumping,	jumping,	jumping,	running,
	and catching	jumping,			throwing	Use a range		throwing	throwing	throwing	throwing	jumping,
	in isolation	throwing			and	of strokes		and	and	and	and	throwing
	and in	and			catching in	effectively		catching in	catching in	catching in	catching in	and
	combination	catching in			isolation	e.g. front		isolation	isolation	isolation	isolation	catching in
		isolation			and in	crawl,		and in	and in	and in	and in	isolation
	Compare	and in			combinatio	backstroke		combinatio	combinatio	combinatio	combinatio	and in
	their	combinatio			n	and		n	n	n	n	combinatio
	performanc	n				breaststrok						n
	es with				Play	е		Play	Play	Play	Play	
	previous	Play			competitiv	Perform		competitive	competitive	competitive	competitive	Play
	ones and	competitive			e games,	safe		games,	games,	games,	games,	competitiv





	demonstrat e improvemen t to achieve their personal best	games, modified where appropriate Compare their performanc es with previous ones and demonstrat e improveme nt to achieve their personal best			modified where appropriate Compare their performanc es with previous ones and demonstrat e improveme nt to achieve their personal best	self-rescue in different water-base d situations		modified where appropriate Compare their performanc es with previous ones and demonstrat e improveme nt to achieve their personal best	e games, modified where appropriate Compare their performanc es with previous ones and demonstrat e improveme nt to achieve their personal best			
Y5	Sports Hall Athletics NC- develop flexibility, strength, technique, control and balance Use running, jumping,	Hockey NC- NC- develop flexibility, strength, technique, control and balance Use running,	Dance NC- perform dances using a range of movement patterns	Gymnastics NC- develop flexibility, strength, technique, control and balance	Basketball NC- NC- develop flexibility, strength, technique, control and balance Use running,	Netball NC- NC- develop flexibility, strength, technique, control and balance Use running,	OAA NC- take part in outdoor and adventurou s activity challenges both individually	Dodgeball NC- NC- develop flexibility, strength, technique, control and balance Use running,	Athletics NC- NC- develop flexibility, strength, technique, control and balance Use running,	Rounders NC- NC- develop flexibility, strength, technique, control and balance Use running,	Athletics NC- NC- develop flexibility, strength, technique, control and balance Use running,	Kwik Cricket NC- NC- develop flexibility, strength, technique, control and balance





throwing	jumping,	jumping,	jumping,	and within	jumping,	jumping,	jumping,	jumping,	Use
and catching	throwing	throwing	throwing	a team	throwing	throwing	throwing	throwing	running,
in isolation	and	and	and		and	and	and	and	jumping,
and in	catching in	catching in	catching in		catching in	catching in	catching in	catching in	throwing
combination	isolation	isolation	isolation		isolation	isolation	isolation	isolation	and
	and in	and in	and in		and in	and in	and in	and in	catching in
Compare	combinatio	combinatio	combinatio		combinatio	combinatio	combinatio	combinatio	isolation
their	n	n	n		n	n	n	n	and in
performanc									combinatio
es with	Play	Play	Play		Play	Play	Play	Play	n
previous	competitive	competitiv	competitive		competitive	competitive	competitive	competitive	
ones and	games,	e games,	games,		games,	games,	games,	games,	Play
demonstrat	modified	modified	modified		modified	modified	modified	modified	competitiv
е	where	where	where		where	where	where	where	e games,
improvemen	appropriate	appropriate	appropriate		appropriate	appropriate	appropriate	appropriate	modified
t to achieve									where
their	Compare	Compare	Compare		Compare	Compare	Compare	Compare	appropriate
personal	their	their	their		their	their	their	their	
best	performanc	performanc	performanc		performanc	performanc	performanc	performanc	Compare
	es with	es with	es with		es with	es with	es with	es with	their
	previous	previous	previous		previous	previous	previous	previous	performanc
	ones and	ones and	ones and		ones and	ones and	ones and	ones and	es with
	demonstrat	demonstrat	demonstrat		demonstrat	demonstrat	demonstrat	demonstrat	previous
	e	е	е		е	е	е	е	ones and
	improveme	improveme	improveme		improveme	improveme	improveme	improveme	demonstrat
	nt to	nt to	nt to		nt to	nt to	nt to	nt to	е
	achieve	achieve	achieve		achieve	achieve	achieve	achieve	improveme
	their	their	their		their	their	their	their	nt to
	personal	personal	personal		personal	personal	personal	personal	achieve
	best	best	best		best	best	best	best	their
									personal
									best





Y6	Sports Hall Athletics	Hockey	Dance	Gymnastics	Basketball	Sports leadership	OAA	Dodgeball	Athletics	Rounders	Athletics	Kwik Cricket
		NC- NC-	NC-	NC- develop	NC- NC-				NC- NC-	NC- NC-	NC- NC-	
	NC- develop	develop	perform	flexibility,	develop	NC- NC-	NC- take	NC- NC-	develop	develop	develop	NC- NC-
	flexibility,	flexibility,	dances	strength,	flexibility,	develop	part in	develop	flexibility,	flexibility,	flexibility,	develop
	strength,	strength,	using a	technique,	strength,	flexibility,	outdoor	flexibility,	strength,	strength,	strength,	flexibility,
	technique,	technique,	range of	control and	technique,	strength,	and	strength,	technique,	technique,	technique,	strength,
	control and	control and	movement	balance	control and	technique,	adventurou	technique,	control and	control and	control and	technique,
	balance	balance	patterns		balance	control and	s activity	control and	balance	balance	balance	control and
						balance	challenges	balance				balance
	Use running,	Use			Use		both		Use	Use	Use	
	jumping,	running,			running,	Use	individually	Use	running,	running,	running,	Use
	throwing	jumping,			jumping,	running,	and within	running,	jumping,	jumping,	jumping,	running,
	and catching	throwing			throwing	jumping,	a team	jumping,	throwing	throwing	throwing	jumping,
	in isolation	and			and	throwing		throwing	and	and	and	throwing
	and in	catching in			catching in	and		and	catching in	catching in	catching in	and
	combination	isolation			isolation	catching in		catching in	isolation	isolation	isolation	catching in
		and in			and in	isolation		isolation	and in	and in	and in	isolation
	Compare	combinatio			combinatio	and in		and in	combinatio	combinatio	combinatio	and in
	their	n			n	combinatio		combinatio	n	n	n	combinatio
	performanc					n		n				n
	es with	Play			Play				Play	Play	Play	
	previous	competitive			competitiv	Play		Play	competitive	competitive	competitive	Play
	ones and	games,			e games,	competitive		competitive	games,	games,	games,	competitiv
	demonstrat	modified			modified	games,		games,	modified	modified	modified	e games,
	e	where			where	modified		modified	where	where	where	modified
	improvemen	appropriate			appropriate	where		where	appropriate	appropriate	appropriate	where
	t to achieve					appropriate		appropriate				appropriate
	their	Compare			Compare				Compare	Compare	Compare	
	personal	their			their	Compare		Compare	their	their	their	Compare
	best	performanc			performanc	their		their	performanc	performanc	performanc	their
		es with			es with	performanc		performanc	es with	es with	es with	performanc
		previous			previous	es with		es with	previous	previous	previous	es with
		ones and			ones and	previous		previous	ones and	ones and	ones and	previous
		demonstrat			demonstrat	ones and		ones and	demonstrat	demonstrat	demonstrat	ones and
		e			e	demonstrat		demonstrat	e	e	e	demonstrat
		improveme			improveme	e		е	improveme	improveme	improveme	e





	nt to achieve		nt to achieve	improveme	improveme nt to	nt to achieve	nt to achieve	nt to achieve	improveme
	their		their	nt to achieve	achieve	their	their	their	nt to achieve
	personal		personal	their	their	personal	personal	personal	their
	best		best	personal	personal	best	best	best	personal
				best	best				best