

St George's Central CE Primary School and Nursery

Subject Overview for Physical Education 2026-2028

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2-3 year olds	What can I do with my body? Outdoor physical play daily including apparatus and climbing. Physical and mindfulness sessions incorporating music and movement. Field play/ and early orienteering in summer.					
3-4 year olds	What can I do with my body? Outdoor physical play daily. Indoor hall sessions daily throughout the year incorporating music and movement, gymnastics, mindfulness and apparatus skills. Field athletics and early orienteering in summer.					
R	Gymnastics: How do I travel in different ways? Dance: How do I move to a beat? Games: How do I use my body to play different games? Mindfulness: How do I stay calm?					
Y1/2	What happens if I don't succeed?	How might I encourage others?	How might I order movement and skills?	How do I compare and develop?	How might I perform a sequence?	How do I exercise safely?
	Multi-Skills What is meant by balance and coordination?	Multi-Skills How can I change the way I travel?	Ball Skills Have you seen my moving and passing skills?	Ball Skills What is the best way to throw and catch?	Athletics/Orienteering How do we go for gold?	
Y3/4	How do I show responsibility?	What does it mean to work as a team?	How might I explain simple tactics?	How might I change the way I respond?	How do I perform with control?	Why does our body change during exercise?
	Ball Skills How many ways can you throw and catch?	Striking and Fielding Which sports involve striking a ball?	Invasion Games What does it take to win?	Swimming What is the importance of being able to swim? How do I swim using ranges of strokes? What makes a confident/ competent swimmer? How can we be safe in the water?		
Y5/6	How do I embrace challenge?	How do I organise and guide others?	How do I judge effectively?	How do I refine a performance?	How can I link movements with quality?	How do I stay healthy?
	Invasion Games What is 'reading a game' and why is it important?	Invasion Games Why is Lionel Messi such a great attacker?	Invasion Games What are the best ways to defend?	Ball Skills Does practise make perfect?	Athletics/Orienteering How do I achieve my personal best? How do I navigate my environment successfully?	
Mindfulness	How do we stay mindful? All year groups participate in one mindfulness session per half term with a class-specific focus built around mental health and wellbeing.					
ATSA competitions	- Y3/4 Futsal - KS2 Cross Country	- KS2 Kurling - Y5/6 Basketball - KS2 'Strictly School' Dance	- KS2 Football League - Access to Success Boccia - Y5/6 Dodgeball - KS1 Kurling	- KS2 Cross Country - KS2 Swimming Gala - KS2 Dance - Y5/6 Orienteering	- KS2 Water Polo - Girls' Football Cup - Y5/6 Rounders - Access to Success Multi-Skills - KS2 Netball league - Y5/6 Flag American Football	- KS2 Football Cup - Access to Success Kurling - Y5/6 Cycle Speedway - KS2 Kwik Cricket - Y5/6 Tri-Kidz Challenge - KS1 Dance - KS2 Tag Rugby - Y3/4 Rounders - KS2 Tennis

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12