

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?					
	Explore walking, running, crawling and climbing, beginning to move safely around others.		Develop balance, coordination and early ball skills through physical play and movement to music.		Move with increasing control, navigate simple obstacles and develop wheeled-toy and ball skills.	
	Children access daily indoor and outdoor physical play, Forest School, movement activities, large construction, wheeled toys, climbing equipment and opportunities to develop ball skills.					
3-4 year olds	What can I do with my body?					
	Develop confidence in running, climbing, balancing and riding, using space and equipment safely		Develop hopping, skipping, balancing, apparatus and ball skills, and remember simple movement sequences.		Use developing movement skills with increasing control when negotiating obstacles and taking part in simple group games.	
	Children access daily indoor and outdoor physical play, Forest School, movement activities, large construction, wheeled toys, climbing equipment and opportunities to develop ball skills.					
Swimming: Groups of up to eight children are allocated a block of weekly swimming sessions during one half term. Groups rotate across the year, providing children with opportunities to develop water confidence, safe movement in water, independence and an awareness of water safety.						
R	Me & Myself How can I move safely in a space and follow instructions?	Dance How can I use movement to respond to music and express ideas?	Movement Development How can I travel, balance and use equipment with control?	Ball Skills How can I control and move a ball in different ways?	Fun and Games How can I use my movement skills and equipment when playing games?	Working with Others How can I work with others to play games safely and fairly?
	Kickstarterz: Children participate in additional weekly sessions from Autumn 1 to Summer 1, developing fundamental movement skills including travelling, spatial awareness, balance, coordination and ball skills.					
Swimming: Groups of up to eight children are allocated a block of weekly swimming sessions during one half term. Groups rotate across the year, providing children with opportunities to develop water confidence, safe movement in water, independence and an awareness of water safety.						

'Never settle for less than your best'

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 so 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

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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