



SUBJECT OVERVIEW FOR

PHYSICAL EDUCATION

2025-2026

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Reception PE PASSPORT	<p>EYFS Fundamental Movement Skills Physical Skill: Jump for distance, land appropriately, hop on both feet, underarm and overarm throw for distance, catch with increasing accuracy and climb with confidence under/over/through.</p> <p>Character Value: Confidence, Self-Motivation & Determination</p>	<p>EYFS FMS - The Hungry Caterpillar Physical Skill: Jumping, travelling low to the ground, travel over/under/through, balance on a range of body parts, throw underarm, roll in a variety of way and revise FMS in unit.</p> <p>Character Value: Confidence, Self-Motivation & Determination</p>	<p>EYFS FMS - Jack & the Beanstalk Physical Skill: Experiment with different ways of moving, increasing control over an object, control and coordination, use a range of small and large equipment, jump and land appropriately, roll in a variety of ways, roll a ball accurately, climb up and down with alternate feet and revise FMS in unit.</p> <p>Character Value: Courage, Self-Motivation & Determination</p>	<p>EYFS FMS - Minibeasts Physical Skill: Jumping, travel over/under/through, catch a large sponge ball, catch with increasing accuracy, roll in a variety of ways and revise FMS in unit.</p> <p>Character Value: Courage, Self-Motivation & Determination</p>	<p>EYFS FMS - Rumble in the Jungle Physical Skill: Travel on hands and feet, roll in a variety of ways, us underarm and over arm throw with increasing accuracy and revise FMS in unit.</p> <p>Character Value: Confidence, Self-Motivation & Determination</p>	<p>EYFS FMS - Seaside Physical Skill: Balance on small body parts, travel on hands and feet, increasing control over an object, variety of gymnastic rolls, underarm throw with some accuracy and revise FMS in unit.</p> <p>Character Value: Courage, Self-Motivation & Determination</p>



<p style="text-align: center;">Year 1 PE PASSPORT</p>	<p>FMS Baseline - Lost & Found</p> <p>Physical Skill: Underarm throwing and hopping, overarm throw and skipping, catching and bouncing a ball, running and jumping, kicking and rolling a ball.</p> <p>Character Value: Confidence, Self-Motivation & Determination</p> <p>FMS - Catching and Bouncing a Ball</p> <p>Physical Skill: Catching and bouncing a ball with some accuracy and apply a simple tactic in a game.</p> <p>Character Value: Determination, Co-operation and Self-belief</p>	<p>Dance - Fire Fire</p> <p>Physical Skill: Experiment with travelling dances, learn a dance as a class, learn and create ways of moving around obstacles, stillness and balance skills, demonstrate movement memory skills in the Bakery Dance, demonstrate a range of movement qualities with the body, tell a story through movement using expression and dynamics, work well with a team to make shapes with your bodies, be supportive to a partner and make exciting travelling dances and use action words to create interesting movement ideas.</p> <p>Character Value: Gratitude</p> <p>Gymnastics Activities - Core Task 1</p> <p>Physical Skill: Travel and pencil roll, jump 2 feet to 2 feet</p>	<p>Dance - Robots</p> <p>Physical Skill: Copy and repeat movements precisely, explore travelling, use of levels, mirroring partner, create a mirroring dance with partner and perform, perform robot dance from memory, create interesting transformers shapes and link dances together to perform as whole class.</p> <p>Character Value: Imagination</p> <p>Gymnastics Activities - Core Task 2</p> <p>Physical Skill: Demonstrate different shapes in a sequence, sequence travelling and 3 balances,</p>	<p>FMS - Rolling a Ball</p> <p>Physical Skill: Rolling a ball and different equipment with some accuracy, demonstrate simple and then two tactics in a game.</p> <p>Character Value: Concentration and Co-operation</p> <p>FMS - Underarm Throw</p> <p>Physical Skill: Underarm throw with some accuracy and at different targets, to show a side gallop and to show two simple tactics in a game.</p> <p>Character Value: Determination and Concentration</p>	<p>FMS - Kicking</p> <p>Physical Skill: Explore different ways of kicking objects with increasing accuracy and control, receive a kick with control, intercept a ball, kicking with a variety of equipment and choose skills effectively for a game.</p> <p>Character Value: Determination, Co-operation and Concentration</p> <p>FMS - Overarm Throw</p> <p>Physical Skill: Overarm throw with some accuracy, show a fast running technique and simple tactic in a game.</p>	<p>Athletics</p> <p>Physical Skill: Hopping skill with rhythm, rolling a ball with some accuracy, running and changing direction quickly, throwing underarm with some accuracy, jumping as far as possible and landing safely with control, good posture when running fast, complete a running and jumping course and running and changing direction.</p> <p>Character Value: Co-operation, Encouragement, Honesty and Self-belief</p>
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		<p>with a straight shape, frog and bunny hop, egg roll, jump 2 feet to 2 feet with tuck shape, travelling actions, travel and roll with a shape, jump 2 feet to 2 feet with wide shape, sequencing travelling/rolling/jumping/ with two shapes and using apparatus.</p> <p>Character Value: Self-belief and Concentration</p>	<p>sequence travelling and 2 balances on large body parts, sequence travelling, balance and 2 rolling actions, sequence travelling, balance and 3 jumps on the floor and apparatus and combining travelling, rolling, balancing and jumping into a sequence using apparatus.</p> <p>Character Value: Courage, Concentration and Self-Belief</p>		<p>Character Value: Determination, Concentration and Co-operation.</p>	
<p>Year 2</p> <p>PE</p> <p>PASSPORT</p>	<p>FMS - Piggy in the Middle</p> <p>Physical Skill: Underarm throw with some accuracy, catching a ball with control, throwing underarm then move into a space, passing then moving into a space and show a</p>	<p>Dance - Explorers</p> <p>Physical Skill: Learn basic dance movements, key travelling skills, move in new and interesting ways, replicate animals from the rainforest through movement, create a short dance in a group, create a duet using contact, guide others through movement,</p>	<p>Dance - Moving Along</p> <p>Physical Skill: Linking movements in the styles of transport, create a short unison dance in a group, plan and follow a pathway, create a paired sequence with 4 dance elements and</p>	<p>Games - Net & Wall</p> <p>Physical Skill: Catching a ball, side gallop with some rhythm, show the ready position, holding a bat, catching a ball from a ready position, strike a ball to a partner, show a simple tactic in</p>	<p>Games - Striking & Fielding</p> <p>Physical Skill: Overarm throw for distance, strike a ball for distance, play a simple striking and fielding game, strike a ball with some accuracy for distance and use a simple tactic.</p>	<p>FMS - End of KS1 assessment</p> <p>Athletics</p> <p>Physical Skill: Throw underarm accurately into a target, throw as far as possible, throw overarm accurately and for distance, push and</p>



	<p>simple tactic in a game.</p> <p>Character Value: Co-operation, Honesty and Self-belief</p>	<p>create interesting shapes in pairs and learn a new unison dance.</p> <p>Character Value: Curiosity</p> <p>Gymnastics Activities Physical Skill: Jumping actions with different shapes in the air, travelling actions with hands and feet, balancing on large body parts, egg, pencil and teddy bear roll, jumping and rolling actions, sequencing rolling, jumping and travelling.</p> <p>Character Value: Courage, Concentration and Self-belief</p>	<p>link two sequences to create a dance.</p> <p>Character Value: Self-belief</p> <p>Gymnastics Activities Physical Skill: Jumping actions with different shapes in the air, travelling actions with hands and feet, balancing on large body parts, egg, pencil and teddy bear roll, jumping and rolling actions, sequencing rolling, jumping and travelling.</p> <p>Character Value: Courage, Concentration and Self-belief</p>	<p>competitive fours, apply a simple tactic in a net/wall game and outwit an opponent.</p> <p>Character Value: Concentration and Self-belief</p> <p>OAA - The Great Outdoors Physical Skill: Take responsibility for self and others, respect, trust and care for each other, remember objects on a trail, cooperate and work together as a team, complete a journey within the school grounds, record answers collaboratively, mark a control card correctly and make decision about how to navigate safely to a control site.</p>	<p>Character Value: Determination, Self-belief and Teamwork</p>	<p>two handed throw for distance, jump for distance and control and complete an obstacle course with speed and agility.</p> <p>Character Value: Co-operation, Encouragement, Honesty and Self-belief</p>
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				Character Value: Decision making, Co-operation and teamwork		
Year 3 PE PASSPORT	Invasion Games - Rugby 1 Physical Skill: Passing a ball using a swing pass, moving into a space after a swing pass, perform and apply a feint when passing to outwit a defender and apply a simple tactic in an invasion game. Character Value: Honesty	Gymnastics - Core Task 1 Physical Skill: Travelling with control on 4 points, 2 and 3 points of the body balances, balance with stillness on 1/2/3/4 points of the body, basic rolls with accuracy and control, move from one action to another smoothly, jumping and landing safely, create and demonstrate a paired sequence, demonstrate a gymnastic sequence of at least 6 actions using travelling, rolling, jumping and balancing on small body parts. Character Value: Trust, Feedback and Evaluation	Net & Wall - Core Task 1 Physical Skill: Explore different throwing actions, consolidation and practise catching, suggest ideas and practices to improve, strike the ball using their hand or small bat, improve movement and body positions, striking skills with a racquet and devise their own game. Character Value: Concentration, Reflection and Self-belief	Invasion Games - Netball Physical Skill: Passing a ball using a chest pass, move into a space after a chest pass, passing a ball using a bounce pass and then move into a space, apply a feint when passing to outwit a defender and apply a simple tactic in a game. Character Value: Honesty	Striking and Fielding - Rounders Physical Skill: Demonstrate an underarm throw with accuracy, catching a ball in a striking and fielding game, strike a ball from a tee or a drop feed, apply a simple tactic in a game and bowling a ball underarm with accuracy. Character Value: Explanation, Communication and Evaluation	Striking and Fielding - Cricket Physical Skill: Underarm throw with accuracy, catching a ball in a game, striking a ball from a batting tee or drop feed, bowling a ball underarm and apply a simple tactic in a competitive game. Character Value: Communication and Evaluation
	Dance - Superheroes Physical Skill: Explore movement, communicate a character, simple choreographic principles, communicate narrative with a partner through			Gymnastics Core Task 1 Physical Skill: Travelling with control on 4 points,	Gymnastics Core Task 2 Physical Skill: Demonstrate a gymnastics sequence using travelling, rolling jumping and balancing on small body parts with a change of direction	OAA - Trust and Trails Physical Skill: Solving trust challenges with a partner, work with others to complete a journey of the school



	<p>dance, create a sequence conveying more than one character and combine sequences as a group to create a final performance.</p> <p>Character Value: Communication</p>	<p>Invasion Games - 3 Touch Ball</p> <p>Physical Skill: Send and receive a ball in a game, play tradition Roman ball games and apply simple tactics in an invasion game.</p> <p>Character Value: Evaluation, Reflection and Co-operation.</p>	<p>2 and 3 points of the body balances, balance with stillness on 1/2/3/4 points of the body, basic rolls with accuracy and control, move from one action to another smoothly, jumping and landing safely, create and demonstrate a paired sequence, demonstrate a gymnastic sequence of at least 6 actions using travelling, rolling, jumping and balancing on small body parts.</p> <p>Character Value: Trust, Feedback and Evaluation</p>	<p>and speed, travelling and balancing using apparatus, using apparatus to perform jumping actions, evaluate successful transitions between actions and using apparatus to demonstrate rolling actions.</p> <p>Character Value: Evaluation and Courage</p>	<p>grounds, know how to use a control card, navigate safely to each control site, show how to keep a map 'set' or 'orientated' and know some of the symbols on an orienteering map.</p> <p>Character Value: Trust, Communication and Self-discipline</p>	<p>distance, throw using a push action, pass a quoit/baton to a teammate in a relay and perform a combination of 5 jumps.</p> <p>Character Value: Resilience and Evaluation</p>
<p>Year 4</p> <p>PE PASSPORT</p>	<p>Invasion Games - On the Attack</p> <p>Physical Skill: One handed passing a ball accurately, moving into a space after a one handed</p>	<p>Dance - Sparks Might Fly</p> <p>Physical Skill: Creating movement using words as inspiration, demonstrate canon and unison movements,</p>	<p>Target Games - Boccia</p> <p>Physical Skill: Different ways of propelling a Boccia ball or bean bag towards a target,</p>	<p>OAA - Teamwork & Problem Solving</p> <p>Physical Skill: Cooperate and work together to complete challenges, show encouragement and</p>	<p>Net & Wall - Core Task 2</p> <p>Physical Skill: Know why warming up is important, consolidate throwing actions, strike the ball</p>	<p>Athletics</p> <p>Physical Skill: To throw using a pull action, explore different running techniques, perform the sling throwing</p>



<p>pass, pass a ball to a teammate using a bounce pass, using a simple tactic in a game, find space to receive a pass, using simple tactic to outwit an opponent, shoot a ball with accuracy and evaluate what worked well in a team.</p> <p>Character Value: Determination and Evaluation</p> <p>Swimming Physical Skill: School Swimming Academy SOW - Pendle Leisure Trust</p> <p>Character Value: Self-belief, Determination and Resilience</p>	<p>demonstrate performance skills and create a duet using increased choreographic skills.</p> <p>Character Value: Encouragement</p> <p>Gymnastics - Core Task 1 Physical Skill: Travelling actions on feet and hands and feet, balances in front and back support positions, demonstrate a dish and arch shape, combine and perform simple sequence of travelling, jumping and balancing actions, basic rolling actions, balance on one foot and arabesque and show a sequence of six moves that meets Level 1 competition criteria.</p> <p>Character Value: Self-motivation</p>	<p>sending a ball into a target with accuracy and apply simple tactics in a Boccia game as a team.</p> <p>Character Value: Reflection and Respect</p> <p>Gymnastics - Core Task 2 Physical Skill: Show a mirrored shape with a partner, create a sequence of gymnastic actions with a partner, show a matched balance with a partner and create a sequence of gymnastic actions including matched shapes and mirrored shapes with a partner using apparatus.</p>	<p>support to team members, explain how they worked as a team to solve challenges and choosing team roles using individual strengths.</p> <p>Character Value: Explanation and Problem-solving</p> <p>Dance - The Great Plague Physical Skill: Create a solo to explore a range of new and innovative ways of moving, name and demonstrate a variety of creative techniques by creating a group dance, use action, space dynamics and relationships, perform in perfect unison, demonstrate teamwork skills, perform whole class/group dance</p>	<p>using their hand or small bat, choose a range of simple tactic in a simple game and develop a range of striking skills suitable for net/wall activities.</p> <p>Character Value: Concentration, Reflection and Self-belief</p> <p>Target Games - Dodgeball Physical Skill: Throwing a ball at a target using a one handed pass and using an accurate one handed throw in a game situation.</p> <p>Character Value: Self-discipline and Respect</p>	<p>action, jumping actions - 2 feet to 2 feet for distance, throw using a push action, pass a quoit/baton to a teammate in a relay and perform a combination of 5 jumps.</p> <p>Character Value: Resilience and Evaluation</p> <p>Striking and Fielding - Cricket Physical Skill: Underarm throw with accuracy, catching a ball in a game, striking a ball from a batting tee or drop feed, bowling a ball underarm, apply a simple tactic in a competitive game and strike a ball from a bowler.</p>
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<p>Year 5</p> <p>PE</p> <p>PASSPORT</p>	<p>Dance - Food, Glorious Food</p> <p>Physical Skill: Create short dance sequences based on action words, make group decisions and merge short solo dances into a group dance, counterbalances and/or lifts with a partner, floor/stretch/rest sequences of movement, using constructive feedback to develop their duets and perform the full dance without teacher guidance.</p>	<p>Dance - Robin Hood</p> <p>Physical Skill: Explore qualities of different characters, convey emotions, mood and feelings of the characters in the story, explore movements showing a conflict using props, create sequence using props showing a conflict between contrasting characters, create an ending and finish by linking all sequence to produce a complete story dance.</p> <p>Character Value: Co-operation</p>	<p>Gymnastics - Core Task 1</p> <p>Physical Skill: Perform partner balances, create simple sequence of matched and mirrored partner balances, range of counter-balances with partner, know the difference between counter balance and counter tension, perform a range of counter-tension actions with a partner, create a gymnastic sequence using both counter-balance and counter-tension balances with a partner and</p>	<p>Net and Wall - Tennis</p> <p>Physical Skill: Forehand and backhand shot with some consistency, direct the ball reasonably well to their partner to continue a rally, simple tactic in a net type game (hitting the balling away from partner into a space in order to score points).</p> <p>Character Value: Self-belief, Concentration and Decision-making</p>	<p>Orienteering</p> <p>Physical Skill: Know how to keep a map set when moving around a simple course, plan an efficient route around a course, use the 8 points of a compass, plan a route to a control, can find the correct control marker using a map and during a score event, can record answers accurately, navigate control markers and make decisions about which control markers to visit in the time allowed.</p>	<p>Striking and Fielding - Rounders</p> <p>Physical Skill: Bowling underarm with accuracy, catch a ball when fielding, strike a ball with a bat, throw a ball overarm when fielding, strike a ball with a bat off a tee, overarm throw when fielding, explain where to strike a ball in a game and use tactics in a Rounders game.</p> <p>Character Value: Encouragement, Self-motivation,</p>



<p>Character Value: Co-operation</p> <p>Invasion Games - Hockey</p> <p>Physical Skill: Pass a ball to a teammate using a hockey stick, dribbling and passing a ball using a hockey stick, shooting a ball at a goal, apply simple tactics in a hockey game, select attacking tactics when playing and play a role in a competitive game.</p> <p>Character Value: Responsibility, Decision-making and Evaluation</p>	<p>Invasion Games - Football</p> <p>Physical Skill: Dribbling a ball, sending skills, shooting skills, apply tactics in an invasion game and evaluate success.</p> <p>Character Value: Fairness</p>	<p>evaluate and recognise their own success.</p> <p>Character Value: Communication, Willingness, Trust and Evaluation</p> <p>Swimming</p> <p>Physical Skill: School Swimming Academy SOW - Pendle Leisure Trust</p> <p>Character Value: Self-belief, Determination and Resilience</p>	<p>Gymnastics - Core Task 2</p> <p>Physical Skill: Part weight bearing balance and create a group sequence of gymnastic actions and balances using apparatus.</p> <p>Character Value: Problem-solving, Resourcefulness and Evaluation</p>	<p>Character Value: Co-operation, Responsibility and Evaluation</p> <p>OAA - Teamwork & Problem Solving 1</p> <p>Physical Skill: Work as part of a team to solve challenges, show encouragement and support to team members, explain how they worked as a team and explain how they chose their roles using individual strengths.</p> <p>Character Value: Problem-Solving</p>	<p>Decision-making and Evaluation.</p> <p>Athletics</p> <p>Physical Skill: Running techniques for short and long distances, perform and push and pull throw, take off and land on one foot to one foot (same and other), take off and land one foot to two, running for speed, land using a combination of jumps, perform a sling throw, running at different speeds, take off and land using a hop, step and jump, perform a heave throw and take part in an athletics event - recording times and distances.</p>
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						Character Value: Self-motivation and Determination
Year 6 PE PASSPORT	<p>Invasion Games - Rugby 1</p> <p>Physical Skill: Passing and catching a rugby ball with consistency, accuracy and control, apply simple tactics in a rugby type game and apply attacking and defending tactics when playing a game.</p> <p>Character Value: Decision-making and Evaluation</p>	<p>Invasion Games - Rugby 2</p> <p>Physical Skill: Pass a ball backwards with accuracy to a teammate, apply simple tactics, kick a rugby ball with some accuracy and confidence and apply simple attacking and defending tactics when playing a rugby type game.</p> <p>Character Value: Encouragement, Determination and Evaluation</p>	<p>Net and Wall - Badminton</p> <p>Physical Skill: Forehand and backhand shot with some consistency, direct the shuttlecock reasonably well to their partner to continue a rally, apply simple tactic of hitting the shuttlecock away from their partner and incorporate tactics during a game in order to score points.</p> <p>Character Value: Self-belief, Concentration and Decision-making</p>	<p>OAA - Teamwork & Problem Solving 2</p> <p>Physical Skill: Communicate effectively, trust and work with others to solve problems, take responsibility of others, listen attentively, record information accurately and apply strategies for remembering important information, follow instructions and work with other complete a complex task, can work effectively as part of a team, generate and share ideas, review performance and apply learning, recognise the important role played by all team members, organise time and</p>	<p>Creative Games</p> <p>Physical Skill: Dribble a ball, pass and receive a pass using a variety of skills, select and apply tactics when playing different invasion games, to create rugby type game and select tactics to outwit an opponent, work as a team to solve a tactical problem through designing a unique invasion game, adapt an invasion game to include positions and attacking/defending options.</p> <p>Character Value: Decision-making, Problem-solving, Co-operation and Evaluation</p>	<p>Striking and Fielding - Cricket</p> <p>Physical Skill: Bowling underarm with accuracy, catch a ball when fielding, strike a ball with a cricket bat off a tee with consistency, bowl overarm with accuracy and use tactics in a cricket type game.</p> <p>Character Value: Encouragement, Self-motivation, Decision-making and Evaluation</p> <p>Athletics</p> <p>Physical Skill: Running techniques for short and long distances, perform and push and pull throw, take off and land on one foot to</p>
	<p>Dance - Heroes & Villains</p> <p>Physical Skill: Construct a dance and share their own creations to the class, use range of dynamics, accurately timed, identify real-life heroes, create a well-rehearsed duet</p>	<p>Swimming</p> <p>Physical Skill: School Swimming Academy SOW - Pendle Leisure Trust</p> <p>Character Value: Self-belief, Determination and Resilience</p>				



	<p>that demonstrates a range of choreographic techniques, perform two different dances from different stimulus (duet and a group dance), make creative decisions to make improvements together, increased confidence as they understand what it feels like to perform in front of an audience.</p> <p>Character Value: Empathy</p>		<p>Gymnastics - Core Task 1</p> <p>Physical Skill: Perform partner balances, perform a range of counter-balance and counter-tension balances with a partner using apparatus, demonstrate a group counter balance, and gymnastic group sequence with counter balances and counter tension/with a partner/in unison.</p> <p>Character Value: Resourcefulness, Responsibility and Evaluation</p>	<p>resources within a team and encourage others to improve their performance.</p> <p>Character Value: Co-operation and Problem-solving</p> <p>Gymnastics - Core Task 2</p> <p>Physical Skill: Part weight bearing balance and create a paired and group sequence of gymnastic actions and balances using apparatus.</p> <p>Character Value: Problem-solving, Resourcefulness and Evaluation</p>	<p>Invasion Games - Netball</p> <p>Physical Skill: Passing and catching a netball with consistency, accuracy and control, shoulder pass, shoot a netball with accuracy, apply simple tactics during a netball type game, including attacking and defending.</p> <p>Character Value: Decision-making and Evaluation</p>	<p>one foot (same and other), take off and land one foot to two, running for speed, land using a combination of jumps, perform a sling throw, running at different speeds, take off and land using a hop, step and jump, perform a heave throw and take part in an athletics event - recording times and distances.</p> <p>Character Value: Self-motivation and Determination</p>
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