



Saint Michael Catholic Primary School



Physical Education Curriculum Overview 2025 – 2026

Physical Education	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamentals: Unit 1 Fundamental Movement (FM) skills with spatial awareness and gross motor movements	Dance: Unit 1 Expressive movement looking at travel, shape and balance, whilst learning to count a beat	Gymnastics: Unit 1 Basic movements, shapes and rolls	Dance: Unit 2 Expressive movements copied and repeated	Ball Skills: Unit 1 FM skills focusing on gross motor skills with various size balls	Games: Unit 1 FM skills with scoring and rule following
Reception	Introduction to PE: Unit 1 Basic principles of PE	Gymnastics: Unit 2 Basic movements, shapes, jumps and rolls. Learning to copy and create short sequences	Ball Skills: Unit 2 FM skills focusing on gross and fine motor skills with various size balls	Games: Unit 2 FM skills with scoring and rule following, working as a team, winning and losing	Fundamentals: Unit 2 Fundamental Movement (FM) skills with spatial awareness and gross and fine motor movements	Introduction to PE: Unit 2 Understanding of rules, stopping and being safe
Year 1	Fundamentals 1 Identify areas of strength and improvement for myself	Gymnastics Basic movements, shapes and balances on the floor and low apparatus	Dance Count the beat, copy and repeat and link own movements	Invasion Sending, receiving and dribbling with a range of equipment	Athletics Running at speed, jumping and throwing	Target Games Consider the appropriate technique for the size and distance of the target
Year 2	Fundamentals 2 Identify areas of strength and improvement for others	Gymnastics Basic movements, shapes and balances in a sequence, on different levels	Dance Explore the body in order to express mood and character or feeling	Ball Skills Throw, catch, roll, hit a target and dribbling	Athletics Running at speed, jumping and throwing whilst measuring my own performance	Striking and Fielding Tracking the ball, receiving the ball and striking the ball
Year 3	Fundamentals 3 Change direction with balance and control	Gymnastics Improve the quality of the basic movements	Ball Skills 3 Accuracy and consistency	Tag Rugby Possession and tactics	Athletics Developing my technique in speed, accuracy and distance	Tennis Skills and tactics to outwit an opponent
Year 4	Hockey Possession of a ball, sending, dribbling and receiving	Gymnastics Create complex sequences and moves	Dance Characters and narrative through movement and gesture	Football Develop competency in key skills	Athletics Developing my technique in speed, accuracy and distance for a personal best	Netball Passing and scoring
Year 5	Hockey Fluency in sending and receiving	Indoor Athletics Setting personal goals	Dance To learn different styles of dance	Dodgeball Throwing, dodging and catching	Athletics Improving your personal best	Orienteering To work as a team and to travel following direction
Year 6	Football Defending and attacking	Indoor Athletics Analysing my performance and improve it	Boccia Target and accuracy	Gaelic Target, accuracy and invasion	Athletics Improving your personal best and that of a team	Rounders & Cricket Striking with accuracy and distance

Swimming will be included in the curriculum as part of an intensive swimming programme. This will be conducted over a two week period in the Summer term.