



2-Year Rolling PE Curriculum Overview

Class 1 (EYFS, Y1, Y2)

Focus: **Fundamental Movement Skills, Locomotion, Object Control, Balance, Spatial Awareness, Introduction to Games**

Term	Year A Activities	Year B Activities
Autumn 1	1. Locomotion: Running & Chasing 2. Gymnastics: Balancing & Rolling	1. Locomotion: Hopping, Skipping 2. Gymnastics: Travelling & Jumping
Autumn 2	1. Object Control: Throwing & Catching 2. Dance (themed movement)	1. Object Control: Rolling & Kicking 2. Dance (linked to stories)
Spring 1	1. Invasion Games (Simple Tag Games) 2. Gymnastics: Stretching & Shape	1. Invasion Games: Space Finding 2. Gymnastics: Pathways & Levels
Spring 2	1. Net & Wall Skills (Ball over net games) 2. Ball Handling (Bouncing, Rolling)	1. Target Games (Aiming/Accuracy) 2. Ball Control with Feet
Summer 1	1. Striking & Fielding Intro (Throw, Run, Retrieve) 2. Athletics: Running & Jumping	1. Striking & Fielding Intro (Bat & Ball Basics) 2. Athletics: Throwing & Mini Races
Summer 2	1. Outdoor Adventure: Following Trails 2. Team Games	1. Outdoor Adventure: Basic Maps 2. Relay and Cooperative Games



Class 2 (Year 3 & 4)

Focus: **Control, Coordination, Team Strategies, Introduction to Rules, Variety of Sport Forms**

Term	Year A Activities	Year B Activities
Autumn 1	1. Invasion Games: Football & Tag Rugby 2. Gymnastics: Shapes & Sequences	1. Invasion Games: Basketball/Netball 2. Gymnastics: Symmetry & Asymmetry
Autumn 2	1. Dance: Creative Choreography 2. Object Control (Throw, Catch, Dribble)	1. Dance: Patterns and Phrases 2. Ball Skills: Passing & Receiving
Spring 1	1. Net/Wall Games: Tennis or Volleyball Skills 2. Striking & Fielding: Intro (Rounders)	1. Net/Wall Games: Badminton/Floor Tennis 2. Striking & Fielding: Cricket Intro
Spring 2	1. Team Games: Strategy Focus 2. Gymnastics: Movement and Transitions	1. Competitive Games: Possession Focus 2. Gymnastics: Partner Work
Summer 1	1. Athletics: Sprinting, Long Jump, Relay 2. Outdoor & Adventurous (Orienteering Basics)	1. Athletics: Throwing for Distance 2. Outdoor & Adventurous: Problem Solving
Summer 2	1. Rounders & Mini-Cricket Matches 2. Team Building Games	1. Mini Tournaments (Various Sports) 2. Team Relays & Races

Class 3 (Year 5 & 6)

Focus: **Refined Skill Execution, Tactical Awareness, Leadership, Performance and Evaluation**



Term	Year A Activities	Year B Activities
Autumn 1	1. Invasion Games: Football/Tactical Play 2. Gymnastics: Paired Routines	1. Invasion Games: Netball/Hockey Focus 2. Gymnastics: Counter-Balances
Autumn 2	1. Dance: Styles and Storytelling 2. Fitness Circuits	1. Dance: Group Choreography 2. Agility and Reaction Drills
Spring 1	1. Net/Wall: Volleyball/Tennis Match Play 2. Striking & Fielding: Tactics	1. Net/Wall: Badminton/Doubles Play 2. Striking & Fielding: Game Scenarios
Spring 2	1. Leadership in Sport: Coaching Peers 2. Gymnastics: Sequences & Devices	1. Officiating and Fair Play 2. Gymnastics: Group Routines
Summer 1	1. Athletics: Technique Development 2. OAA: Orienteering & Team Challenges	1. Athletics: Personal Best Challenges 2. OAA: Map Skills and Route Planning
Summer 2	1. Sports Days Preparation 2. Mini Leagues & Tournament Organisation	1. Rounders & Cricket Fixtures 2. Sport Leadership Projects

What does our Curriculum rolling programme give us?

- **Progressive Skill Development** is embedded: foundational skills are built upon year to year.
- **Inclusion & Differentiation:** Each activity can be scaffolded to cater to varying needs.
- **Cross-Curricular Links:** Dance units can link to literacy or history topics; orienteering can incorporate geography skills.



- **Assessment Opportunities:** Peer assessment in upper years, teacher observation rubrics for EYFS/Y1-Y2