

		PE					
		Autumn		Spring		Summer	
		1 st half term	2 nd half term	1 st half term	2 nd half term	1 st half term	2 nd half term
2025-26	KS1	Fundamental Movement Skills	Gymnastics – shapes and balances	Health and Fitness – agility, balance, stamina	Invasion Games – sending and space Tag rugby	Athletics – running, jumping, throwing	Striking and Fielding – Rounders
	KS2	Invasion Games – teamwork Handball	Gymnastics – floor and apparatus	Health and Fitness – agility, stamina, coordination	Net/Wall Games – Tennis	Athletics – track and field	Striking and Fielding – Cricket
2026-27	KS1	Multi-skills – coordination and speed	Gymnastics – sequences and apparatus	Health and Fitness – strength, movement, wellbeing	Net/Wall Games – aim and rally Tennis	Athletics – races and field events	Invasion Games – Football
	KS2	Invasion Games – attack/defend Basketball	Gymnastics – counter balance	Health and Fitness – circuits, strength, health	Outdoor and Adventurous Activities – Team challenges, problem solving Orienteering	Athletics – personal bests	Striking and Fielding – tactics Soft ball
2027-28	KS1	Fundamental Movement Skills	Gymnastics – shapes and balances	Health and Fitness – agility, balance, stamina	Invasion Games – sending and space Football	Athletics – running, jumping, throwing	Striking and Fielding – Rounders
	KS2	Invasion Games – Strategy Football	Gymnastics – flight and rotation	Health and Fitness – strength, conditioning, resilience	Net/Wall Games – Volleyball or badminton	Athletics – competition	Striking and Fielding – Competitive Rounders
2028-29	KS1	Multi-skills – coordination and speed	Gymnastics – sequences and apparatus	Health and Fitness – strength, movement, wellbeing	Net/Wall Games – aim and rally Tennis	Athletics – races and field events	Invasion Games – tactics Football
	KS2	Invasion Games – Leadership Rugby	Gymnastics – complex sequences	Health and Fitness – training principles and wellbeing	Dance – body control, expressive movement, cultural and creative, performance	Athletics – officiating and leadership	Outdoor and Adventurous Activities – navigation and problem solving