

PE Medium Term Plan – Outcomes, Skills Progression and Objectives

KS1 2025–26, 2027-28

Half Term	Focus and Sports	PE Outcomes	Skills Progression	Objectives
Autumn 1	Fundamental Movement Skills	Develop confidence and competence in basic movement	Running, jumping, balance, coordination	<ul style="list-style-type: none"> <li>• Perform basic movements with control.</li> <li>• Show awareness of space and others.</li> <li>• Balance on different body parts.</li> <li>• Change direction safely.</li> <li>• Follow simple rules.</li> <li>• Begin to evaluate movement.</li> </ul>
Autumn 2	Gymnastics – shapes and balances	Perform controlled gymnastic movements	Shapes, balances, linking actions	<ul style="list-style-type: none"> <li>• Perform a range of shapes.</li> <li>• Hold balances briefly.</li> <li>• Travel using different body parts.</li> <li>• Link two movements.</li> <li>• Use apparatus safely.</li> <li>• Describe successful balances.</li> </ul>
Spring 1	Health and Fitness – agility, balance, stamina	Improve physical fitness and stamina	Agility, balance, stamina	<ul style="list-style-type: none"> <li>• Sustain physical activity.</li> <li>• Improve agility.</li> <li>• Maintain balance while moving.</li> <li>• Recognise body changes.</li> <li>• Understand exercise benefits.</li> <li>• Show perseverance.</li> </ul>
Spring 2	Invasion Games – sending and space  Tag rugby	Apply skills in simple invasion games	Sending, receiving, spatial awareness	<ul style="list-style-type: none"> <li>• Send with control.</li> <li>• Receive successfully.</li> <li>• Move into space.</li> <li>• Follow game rules.</li> <li>• Work cooperatively.</li> <li>• Identify successful passes.</li> </ul>
Summer 1	Athletics – running, jumping, throwing	Improve core athletic skills	Speed, power, coordination	<ul style="list-style-type: none"> <li>• Run with coordination.</li> <li>• Jump for distance/height.</li> <li>• Throw accurately.</li> <li>• Improve technique.</li> <li>• Measure outcomes.</li> <li>• Recognise improvement.</li> </ul>
Summer 2	Striking and Fielding  Rounders	Use striking and fielding skills in games	Striking, fielding, teamwork	<ul style="list-style-type: none"> <li>• Strike a stationary ball.</li> <li>• Understand fielding roles.</li> <li>• Retrieve and throw safely.</li> <li>• Work in a team.</li> <li>• Apply skills in games.</li> </ul>

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				<ul style="list-style-type: none"> <li>• Celebrate success.</li> </ul>

KS1 2026–27, 2028-29

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Autumn 1	Multi skills – coordination and speed	Develop coordination and speed	Coordination, agility, speed	<ul style="list-style-type: none"> <li>• Combine movements smoothly.</li> <li>• Increase speed.</li> <li>• React to signals.</li> <li>• Maintain balance at pace.</li> <li>• Apply skills in challenges.</li> <li>• Explain effectiveness.</li> </ul>
Autumn 2	Gymnastics – sequences and apparatus	Perform gymnastic sequences	Balances, rolls, transitions	<ul style="list-style-type: none"> <li>• Create short sequences.</li> <li>• Use apparatus confidently.</li> <li>• Transition smoothly.</li> <li>• Maintain control.</li> <li>• Work independently.</li> <li>• Suggest improvements.</li> </ul>
Spring 1	Health and Fitness – strength and wellbeing	Improve strength and confidence	Strength, balance, stamina	<ul style="list-style-type: none"> <li>• Increase strength.</li> <li>• Sustain activity longer.</li> <li>• Understand wellbeing.</li> <li>• Perform exercises correctly.</li> <li>• Set fitness goals.</li> <li>• Reflect on progress.</li> </ul>
Spring 2	Net and Wall Games Tennis	Develop accuracy and consistency	Aiming, striking, recovery	<ul style="list-style-type: none"> <li>• Aim accurately.</li> <li>• Strike moving balls.</li> <li>• Sustain rallies.</li> <li>• Recover position.</li> <li>• Apply rules.</li> <li>• Identify tactics.</li> </ul>
Summer 1	Athletics – races and field events	Develop technique	Speed, power, coordination	<ul style="list-style-type: none"> <li>• Refine running.</li> <li>• Improve jumping take off.</li> <li>• Throw with power.</li> <li>• Compare performances.</li> <li>• Follow competition rules.</li> </ul>

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				<ul style="list-style-type: none"> <li>• Beat previous scores.</li> </ul>
Summer 2	Invasion Games – Football	Apply simple tactics	Passing, movement, decisions	<ul style="list-style-type: none"> <li>• Choose passes.</li> <li>• Defend space.</li> <li>• Support teammates.</li> <li>• Apply tactics.</li> <li>• Make decisions.</li> <li>• Evaluate performance.</li> </ul>

KS2 – 2025–26

Half Term	Focus and Sports	PE Outcomes	Skills Progression	Objectives
Autumn 1	Invasion Games – teamwork  Handball	Apply teamwork	Passing, movement, defending	<ul style="list-style-type: none"> <li>• Pass under pressure.</li> <li>• Move into space.</li> <li>• Defend responsibly.</li> <li>• Communicate effectively.</li> <li>• Apply tactics.</li> <li>• Reflect on teamwork.</li> </ul>
Autumn 2	Gymnastics – floor and apparatus	Perform controlled sequences	Balances, rolls, transitions	<ul style="list-style-type: none"> <li>• Combine actions.</li> <li>• Control on apparatus.</li> <li>• Smooth transitions.</li> <li>• Demonstrate tension.</li> <li>• Work safely.</li> <li>• Evaluate quality.</li> </ul>
Spring 1	Health and Fitness	Improve overall fitness	Agility, stamina, coordination	<ul style="list-style-type: none"> <li>• Improve stamina.</li> <li>• Maintain technique.</li> <li>• Coordinate movements.</li> <li>• Understand fitness components.</li> <li>• Monitor effort.</li> <li>• Set targets.</li> </ul>
Spring 2	Net and Wall Games  Tennis	Apply accuracy	Serving, rallying, positioning	<ul style="list-style-type: none"> <li>• Serve consistently.</li> <li>• Sustain rallies.</li> <li>• Position effectively.</li> <li>• Apply scoring.</li> <li>• Adapt shots.</li> </ul>

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				<ul style="list-style-type: none"> <li>Evaluate strengths.</li> </ul>
Summer 1	Athletics – track and field	Develop performance	Speed, strength, endurance	<ul style="list-style-type: none"> <li>Refine sprinting.</li> <li>Develop pacing.</li> <li>Apply power.</li> <li>Improve accuracy.</li> <li>Compare results.</li> <li>Improve consistency.</li> </ul>
Summer 2	Striking and Fielding Cricket	Apply tactics	Batting, bowling, fielding	<ul style="list-style-type: none"> <li>Strike with intent.</li> <li>Apply strategies.</li> <li>Understand roles.</li> <li>Communicate in play.</li> <li>Apply rules.</li> <li>Evaluate tactics.</li> </ul>

KS2 – 2026–27

Half Term	Focus and Sports	PE Outcomes	Skills Progression	Objectives
Autumn 1	Invasion Games – attack and defend Basketball	Apply attacking and defending principles	Passing, marking, shooting	<ul style="list-style-type: none"> <li>Select appropriate passes.</li> <li>Create attacking space.</li> <li>Defend effectively.</li> <li>Transition between roles.</li> <li>Communicate tactically.</li> <li>Evaluate effectiveness.</li> </ul>
Autumn 2	Gymnastics – counter balance	Perform partner and group balances	Counter balance, control	<ul style="list-style-type: none"> <li>Perform partner balances.</li> <li>Maintain control.</li> <li>Cooperate effectively.</li> <li>Apply tension.</li> <li>Enter and exit safely.</li> <li>Evaluate balance quality.</li> </ul>
Spring 1	Health and Fitness – circuits	Improve strength and fitness	Strength, stamina, conditioning	<ul style="list-style-type: none"> <li>Complete fitness circuits.</li> <li>Maintain technique.</li> <li>Pace effort appropriately.</li> <li>Understand health benefits.</li> <li>Monitor progress.</li> </ul>

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				<ul style="list-style-type: none"> <li>• Set improvement goals.</li> </ul>
Spring 2	OAA – team challenges	Solve problems collaboratively	Communication, problem solving	<ul style="list-style-type: none"> <li>• Communicate clearly.</li> <li>• Share ideas.</li> <li>• Solve challenges.</li> <li>• Adapt strategies.</li> <li>• Support teammates.</li> <li>• Evaluate teamwork.</li> </ul>
Summer 1	Athletics – personal bests	Improve and measure performance	Speed, strength, endurance	<ul style="list-style-type: none"> <li>• Set personal bests.</li> <li>• Apply refined techniques.</li> <li>• Measure performance accurately.</li> <li>• Compare results.</li> <li>• Aim for improvement.</li> <li>• Reflect on progress.</li> </ul>
Summer 2	Striking and Fielding – tactics Softball	Apply advanced tactics	Batting placement, fielding roles	<ul style="list-style-type: none"> <li>• Place shots intentionally.</li> <li>• Anticipate play.</li> <li>• Select fielding roles.</li> <li>• Communicate strategically.</li> <li>• Apply rules consistently.</li> <li>• Evaluate tactical success.</li> </ul>

KS2 – 2027–28

Half Term	Focus and Sports	PE Outcomes	Skills Progression	Objectives
Autumn 1	Invasion Games – strategy Football	Apply advanced strategies	Decision making, teamwork	<ul style="list-style-type: none"> <li>• Select appropriate strategies.</li> <li>• Make decisions under pressure.</li> <li>• Support team play.</li> <li>• Adapt tactics.</li> <li>• Communicate effectively.</li> <li>• Evaluate strategic success.</li> </ul>
Autumn 2	Gymnastics – flight and rotation	Perform dynamic actions safely	Flight, rotation, landings	<ul style="list-style-type: none"> <li>• Perform flight actions.</li> <li>• Control rotation.</li> <li>• Land safely.</li> <li>• Maintain fluency.</li> <li>• Work independently.</li> </ul>

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				<ul style="list-style-type: none"> <li>Evaluate performance.</li> </ul>
Spring 1	Health and Fitness – conditioning	Develop resilience and conditioning	Strength, stamina, conditioning	<ul style="list-style-type: none"> <li>Maintain effort.</li> <li>Improve conditioning.</li> <li>Apply correct techniques.</li> <li>Understand resilience.</li> <li>Monitor performance.</li> <li>Reflect on improvement.</li> </ul>
Spring 2	Net and Wall Games Volleyball or badminton	Apply advanced skills	Accuracy, positioning, tactics	<ul style="list-style-type: none"> <li>Sustain long rallies.</li> <li>Adapt shots tactically.</li> <li>Position effectively.</li> <li>Apply scoring systems.</li> <li>Respond to opponents.</li> <li>Evaluate game play.</li> </ul>
Summer 1	Athletics – competition	Compete fairly and effectively	Performance under pressure	<ul style="list-style-type: none"> <li>Apply techniques in competition.</li> <li>Manage pressure.</li> <li>Follow rules accurately.</li> <li>Show sportsmanship.</li> <li>Aim for consistency.</li> <li>Evaluate outcomes.</li> </ul>
Summer 2	Striking and Fielding – competitive Rounders	Apply competitive tactics	Strategic batting, fielding	<ul style="list-style-type: none"> <li>Select batting strategies.</li> <li>Anticipate play.</li> <li>Apply fielding tactics.</li> <li>Communicate roles.</li> <li>Adapt strategies.</li> <li>Evaluate performance.</li> </ul>

KS2 – 2028–29

Half Term	Focus and Sports	PE Outcomes	Skills Progression	Objectives
Autumn 1	Invasion Games – leadership Rugby	Demonstrate leadership	Organisation, communication	<ul style="list-style-type: none"> <li>Lead warm-ups.</li> <li>Organise teams.</li> <li>Communicate tactics.</li> <li>Adapt strategies.</li> <li>Motivate others.</li> </ul>

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				<ul style="list-style-type: none"> <li>Evaluate leadership.</li> </ul>
Autumn 2	Gymnastics – complex sequences	Perform high-quality sequences	Precision, control, fluency	<ul style="list-style-type: none"> <li>Perform precisely.</li> <li>Show fluency.</li> <li>Use complex transitions.</li> <li>Maintain consistency.</li> <li>Evaluate performances.</li> <li>Refine using feedback.</li> </ul>
Spring 1	Health and Fitness – training principles	Apply training principles	Strength, stamina, recovery	<ul style="list-style-type: none"> <li>Apply principles.</li> <li>Understand recovery.</li> <li>Improve fitness.</li> <li>Design plans.</li> <li>Monitor progress.</li> <li>Explain health links.</li> </ul>
Spring 2	Dance	Create expressive performances	Rhythm, expression, coordination	<ul style="list-style-type: none"> <li>Create movement.</li> <li>Perform rhythmically.</li> <li>Use space effectively.</li> <li>Collaborate.</li> <li>Perform confidently.</li> <li>Evaluate expression.</li> </ul>
Summer 1	Athletics – officiating	Lead and officiate	Officiating, organisation	<ul style="list-style-type: none"> <li>Officiate accurately.</li> <li>Apply rules.</li> <li>Record results.</li> <li>Support fairly.</li> <li>Evaluate performance.</li> <li>Demonstrate leadership.</li> </ul>
Summer 2	OAA – navigation and problem solving	Navigate independently	Map skills, teamwork	<ul style="list-style-type: none"> <li>Read maps.</li> <li>Navigate routes.</li> <li>Communicate clearly.</li> <li>Solve problems.</li> <li>Adapt plans.</li> <li>Reflect on strategies.</li> </ul>