



# Kidmore End CE Primary School

*'Be courageous; Be strong; Do everything in love.'* (1 Corinthians 16: 13-14)

Headteacher: Miss Claire Spankie



## P.E. Curriculum Overview 2025-2026

The national curriculum for PE aims to ensure that all pupils:

**Key stage 1** - Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

**Key Stage 2** -Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Swimming** - pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively perform safe self-rescue in different water-based situation

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Cherry</b>	Fitness Invasion games- targets	Dance (Move: Dance till you drop) Invasion games – throwing/catching	Gymnastics (Move: Jumping Jacks and Rock n Roll) Invasion games – kicking/dribbling	Fitness (Move: Fitness Circuits) Invasion games – rolling/stopping	Yoga Athletics	Tennis Striking and Fielding
<b>Cedar</b>	Fitness (Move: Circuit training) Netball (modified)	Dance (Move: Seasons) Tag Rugby (modified)	Gymnastics (Move: Animals) Football (modified)	Fitness (Move: Circuit training) Uni-hoc	Yoga (Move: Salute to the sun) Athletics	Tennis Striking and Fielding
<b>Ash</b>	Fitness (Move: Circuit training) Netball	Dance (Move: Plants) Tag Rugby	Gymnastics (Move: Under the sea) Football	Fitness (Move: Circuit training) Uni-hoc	Yoga Athletics	Tennis Striking and Fielding
<b>Maple</b>	Fitness (Move: Circuit training) Netball	Dance (Move: Extreme Earth) Tag Rugby	Gymnastics (Move: Shape) Football	Fitness (Move: Circuit training) Hockey	Rounders (Move: Striking and fielding fundamentals) Athletics	Cricket OAA
<b>Sycamore</b>	Fitness (Move: Circuit training) Netball	Dance (Move: Eco dance) Tag Rugby	Gymnastics (Move: Movements) Football	Fitness (Move: Leadership in PE) Hockey	Rounders (Move: Striking and Fielding) Athletics	Cricket OAA
<b>Birch</b>	Fitness (Move: Circuit training) Netball	Dance (Move: Eco dance) Tag Rugby	Gymnastics (Move: Movements) Football	Fitness (Move: Leadership in PE) Hockey	Rounders (Move: Striking and Fielding) Athletics	Cricket OAA

Our aim is to develop children’s skills and knowledge of physical activity through a carefully planned curriculum. This aims to ensure that children have an awareness of team and competitive sports, develop strength and agility, as well as the ability to evaluate and refine their own performance.

As a school, we primarily use Twinkl Move scheme of work to support class teachers with their planning, teaching and assessment of P.E. It is a comprehensive scheme that focuses on progression from Foundation Stage through to Year 6.

The other P.E lesson (indicated in blue on the overview above) is taught by a qualified P.E coach from Performance Sport Ltd.

BLACK: Taught by class teachers

BLUE: Taught by PE Teacher