

KS1 - PE Curriculum Overview (6 Terms)

Term	EYFS (Reception) – Foundation	KS1 (Years 1–2)
1	Body Management & Manipulation - Fundamental movements: travelling, balancing, rolling shapes, basic coordination over/under/around apparatus The PE Hub+1. - Object manipulation: sending/receiving with hands/feet, simple tracking and coordination (e.g., skip, pass, catch) The PE Hub.	Foundations & Fitness Unit 1 - Stability, flexibility, balance, coordination, body management The PE Hub. - Introduction to fitness: variety of exercises, describing changes in heart rate/body The PE Hub.
2	Speed, Agility & Travel - Changing speed and direction; exploring soft/quiet/quick/powerful movements The PE Hub. - Incorporating balances, coordination with travel (e.g., obstacle courses) The PE Hub.	Fitness Unit 2 - High effort for short periods, repetition to improve movement quality, understanding benefits of exercise The PE Hub. - Reinforce foundations with more challenging coordination tasks.

3	Manipulation & Object Coordination • Sending and receiving objects with various body parts; controlling objects in space, pair work The PE Hub.	Introduction to Games (Send & Return / Hit Catch Run) • Year 1: bounce, send with control, simple tactics The PE Hub. • Year 2: refined control, hitting, fielding, simple game roles (batter, fielder) The PE Hub.
4	Outdoor & Adventurous Awareness (OAA intro) • Using thinking skills: following multi-step instructions, solving problems, representing ideas, cooperating The PE Hub.	OAA / Games Progression • KS1 OAA: navigating space, searching from clues, pair collaboration The PE Hub. • Games: simple strategies, team play, recognising good qualities in self and others The PE Hub.
5	Linking Movements & Extended Coordination • Building movement sequences: combining travelling, rolling, balancing with control and variety (e.g., simple obstacle routines).	Athletics / Multi-Skill Development • Year 2 Athletics (subscribe area): throwing, jumping, running, combining movement skills, sustained control (assuming progression) The PE Hub. • Or Games: Year 2 Attack Defend Shoot / Run Jump Throw progression The PE Hub.

6	Autonomy & Evaluation • Encouraging self-led combinations of movement, evaluating own actions and adjustments (e.g., choose how to travel, balance, then reflect).	Performance & Personal Bests • Consolidate fitness, games, OAA skills. Emphasis on demonstrating improvement, self-reflection, simple competition structures (e.g., mini-team games) laughton.e-sussex.sch.ukThe PE Hub.
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EYFS/KS1 - Explanation of Progression

- Reception (EYFS) begins with foundational physical literacy—basic body control, coordination, balance, and simple object manipulation—then gradually introduces agility, multi-skill coordination, and early problem-solving via OAA concepts.
- KS1 (Years 1–2) builds on these physical foundations by layering in fitness (understanding effort and body response), object control games (sending/returning, striking, fielding), and collaboration/problem-solving in OAA and games, culminating in applying skills in simplified competition and self-reflection.

KS2 - PE Curriculum Overview (6 Terms)

Term	Year 3	Year 4	Year 5	Year 6
T1 (Autumn 1)	<i>Invasion Games</i>	<i>Invasion Games</i>	<i>Invasion Games</i>	<i>Invasion Games</i>
	Builds on KS1 teamwork, dodging, space awareness. Y3 Invasion Games	Refine control under pressure, introduce formations and defending. Y4 Invasion Games	Strategic decision-making, applying formations and tactics. Y5 Invasion Games	Mastery - Fluid team play, leadership, officiating. Y6 Invasion Games
T2 (Autumn 2 – cold term)	<i>Fitness & Fundamental</i>	<i>Fitness & Fundamental</i>	<i>Fitness</i>	<i>Fitness & Swimming</i>
	Stamina, coordination, circuit-style fitness. Y3 Fitness	Strength, Speed & Basic Fitness Testing	Conditioning & reaction training. Y5 Fitness	Sports-specific fitness testing & circuit design. Y6 Fitness Strokes, distance, water safety. Swimming Units
T3	<i>Dance</i>	<i>Gymnastics</i>	<i>Dance & Swimming</i>	<i>Gymnastics</i>

(Spring 1 – cold term)	Creative Exploration & Expressive Movement	Basic Body Management & Sequence Development	Thematic Choreography & Performance Build stamina, stroke efficiency, self-rescue.  Swimming Units	Advanced Sequences & Evaluative Choreography
T4	Net and Wall	Net and Wall & Swimming	Net and Wall	Net and Wall
(Spring 2)	Introduce forehand control, spatial awareness, scoring.  Y3 Net and Wall	Develop shot control, simple rallying and movement.  Y4 Net and Wall Strokes, floating, entry and exit techniques.  Swimming Units	Serve, return, tactical shot placement.  Y5 Net and Wall	Tactical Play & Match Fluidity in Gameplay
T5	Athletics	Athletics – Progression	Athletics – Performance	Athletics – Mastery
(Summer 1)	Focus on sprint starts, jumping, foam javelin.  Y3 Athletics	Pacing, form, introducing hurdles.  Y4 Athletics	FocusCompare times/distances, improve form.  Y5 Athletics	Leadership, analysis, advanced relay & field events.  Y6 Athletics
T6	Striking & Fielding	Striking & Fielding –	Striking & Fielding –	Striking & Fielding –
(Summer 2)				

	Introduce basic batting, throwing, and catching.  Y3 Striking & Fielding	Apply tactics to small games, positional play.  Y4 Striking & Fielding	Develop batting angles, fielding under pressure.  Y5 Striking & Fielding	Apply tactics, positional play, and lead roles.  Y6 Striking & Fielding
T6 – Invitational only, Catch-up swimming sessions for DIS and PP children, that with extra learning have the potential to hit the national requirement.				

KS2 Progression & Retrieval Highlights:

<i>Skill Area</i>	Progression Path
<i>Invasion Games</i>	Y3–Y6 progression from movement and simple tactics → formations, defending, officiating. Tag Rugby → Basketball → Football → Hockey Skills: spatial awareness, team play, decision-making evolve each year.
<i>Net & Wall</i>	Y3–Y6 builds from rally control → shot placement, serve, scoring systems. Tennis (Y3) → Handball (Y4) → Badminton (Y5) → Tennis Retrieval (Y4), increasing control and shot variety.
<i>Striking & Fielding</i>	Y3 intro to batting/fielding → Y6 full gameplay, tactical awareness, team roles. Cricket → Rounders → Cricket (Y6 retrieval) Batting, fielding, bowling developed and retrieved.
<i>Dance</i>	Y3 is expressive and creative – Y6 uses Y3 skills and focus' on theme and performance.

<i>Gymnastics</i>	Y4 has a focus on understanding the body and manipulating it to carry out skills – Y6 focus on building on these skills and evaluating each other's performances
<i>Athletics</i>	Y3 technique-based → Y6 includes performance analysis and peer coaching.
<i>Swimming</i>	Introduced in Y4, extended in Y5, consolidated in Y6 with personal safety and distance.
<i>Fitness</i>	Develops physical literacy in Y3 → performance-led in Y6.