



Physical Education - Long Term Curriculum Overview 2024-25

Subject area	Autumn Term A	Autumn Term B	Spring Term A	Spring Term B	Summer Term A	Summer Term B
F1	Link movements to the marks they make. Beginning to balance blocks to build a tower – making walls for Humpty Dumpty. Picking up small objects between thumb and fingers and using a whole-hand grasp when making marks.	Squatting with steadiness and moving unaided. Walking up steps, at first holding the hand of an adult. Beginning to show increasing pen/brush control and a dominant hand. Clap and stamp to music, remember a sequence of movements and begin to eat independently (snack/lunch/food tasting).	Kicking a large ball. Running safely on whole foot. Turns pages in a book, sometimes several at once. Shows increasing control with equipment (including jugs, hammers, books, mark-making tools) and beginning to use a comfortable grip.	Climbing with confidence on play equipment. Walking up and down steps holding onto a rail. Beginning to use tripod grip. Builds independently, matching their ability and skills to tasks.	Stands on one foot momentarily. Catches a large ball. Uses one-handed tools and equipment (including making snips with scissors). Increasing independence. Develops manipulation and control. Chooses resources and equipment independently.	Moves freely and with confidence and in a range of ways. Using a comfortable grip and with good control and uses a dominant hand. Works collaboratively or in groups. Sit on or use wheeled toys and bikes or scooters. Become more independent with dressing.
F2	Gross motor- Outdoor provision Fine motor- Linked provision Forest School	Running skilfully whilst negotiating space, adjusting speed and direction Effects on our bodies Forest School	Experiment with different types of movement. (Gymnastics) Jumping off objects safely and carefully (Apparatus) Different ways of travelling with confidence- under/ over/ through Forest School	Balance and Coordination (Dance) Forest School	Hand/Eye Coordination- (Throwing/catching/ kicking balls) Negotiating space carefully Forest School	Strength, balance and coordination wheel playing- (Team games/ Sports day preparation) Forest School
Year 1	Gymnastics Invasion Games Multi skills	Multi skills Gymnastics Invasion Games	OAA <small>Outdoor and Adventurous Activities</small> Dance Invasion Games	Net and Wall Dance Strike & Field Games	Athletics Strike & Field Games Net and Wall	Athletics Invasion Games Multi sports
Year 2	Gymnastics Invasion Games Multi skills	Gymnastics Invasion Games Multi skills	OAA Dance Invasion Games	Net and Wall Dance Strike & Field Games	Athletics Strike & Field Games Net and Wall	Athletics Invasion Games Multi sports

Year 3	Invasion Games (Basketball) Gymnastics	Invasion Games (Hockey) Gymnastics	Dance Invasion Games (Tag Rugby)	Net and Wall OAA	Athletics Strike & Field Games	Athletics Strike & Field Games
Year 4	Invasion Games (Basketball) Gymnastics	Invasion Games (Hockey) Gymnastics	Dance Invasion Games (Tag Rugby)	Net and Wall OAA	Athletics Strike & Field Games	Athletics Strike & Field Games
Year 5	Invasion Games (Netball) Gymnastics	Invasion Games (Touch Football) Gymnastics	Dance OAA	Net and Wall Invasion Games (Quidditch)	Athletics Strike & Field Games	Athletics Strike & Field Games
Year 6	Invasion Games (Netball) Gymnastics	Invasion Games (Touch Football) Gymnastics	Dance OAA	Net and Wall Invasion Games (Quidditch)	Athletics Strike & Field Games	Athletics Strike & Field Games