PE rationale 2025-2026

Year group	Autumn	Spring	Summer
Reception	Fundamentals Dance	Gymnastics Bike	Object control Games/Athletics
Year 1	Dance x 2 Fundamentals Send and receive	Gymnastics x 2 Fitness Invasion	Striking and fielding Athletics Net and wall Team Building
Year 2	Gymnastics x 2 Fundamentals Send and receive	Dance x 2 Invasion Team Building	Net and wall Fitness Striking and fielding Athletics
Year 3	Dance x 2 Football/Swimming Basketball/Swimming	Gymnastics x 2 Fitness/Swimming Football/Swimming	Athletics Tennis Swimming/Basketball/Fitness
Year 4	Gymnastics x 2 Football Netball	Dance x 2 Rugby Basketball	Tennis OAA Athletics Cricket
Year 5	Dance x 2 Football Netball	Gymnastics x 2 Rugby Basketball	Tennis OAA Athletics Cricket
Year 6	Gymnastics x 2 Football Netball	Dance x 2 Rugby Basketball	Tennis Fitness Athletics Cricket

Swimming

Swimming and water safety are essential parts of our curriculum, as we believe swimming is a vital life skill that every child should learn. Our focus is on ensuring all children meet the national curriculum requirements by the end of Key Stage 2, which includes swimming 25 meters confidently, using a range of strokes effectively, and understanding essential water safety principles.

EYFS and KS1

In **EYFS and KS1**, our PE curriculum lays the foundation for children's **future success** in physical education and active lifestyles.

In **EYFS**, children develop essential **gross motor skills** such as agility, balance, coordination, and strength through structured play and exploration. EYFS have one hour of focused PE time as their curriculum embeds gross motor skills through out.

In **KS1**, pupils **refine and combine fundamental movement skills** in a variety of contexts, developing accuracy, fluency, and confidence. Through engaging, inclusive activities, children **master core physical skills** and build positive attitudes towards activity.

The curriculum develops core physical skills through engaging, inclusive activities, preparing children for KS2 to apply these skills in sports and games.

KS2

In **KS2**, our PE curriculum develops **sport-specific skills and knowledge** through a broad range of activities, including sports suggested by pupil voice, ensuring all children experience variety and challenge.

In **LKS2**, children build on prior learning, combining fundamental skills in sport-specific contexts while developing **sportsmanship, leadership, and an understanding of rules, tactics, and fair play**. In Year 3, students use basketball to master core catching and receiving skills, which are refined in Year 4 through the greater accuracy required in netball.

In **UKS2**, pupils deepen their tactical knowledge, refine skills, and begin to play sports at a **competitive level**. Opportunities for **inter- and intra-school competitions**, clubs, and festivals promote teamwork, confidence, resilience, and a sense of achievement. Revisiting the same sports across KS2 enables pupils to build on prior learning, developing greater skill, confidence, and tactical understanding each year.

The curriculum helps children build confidence, enjoy being active, make healthy choices, and prepare for lifelong participation in sport and recreation.

Key Areas

In our PE curriculum, we aim to provide all children with a broad and enriching experience. It is designed to introduce them to a variety of sports, encompassing the 10 key areas of PE:

- Athletics
- Dance
- Fitness
- Gymnastics
- Invasion
- Net and Wall
- OAA
- Striking and Fielding
- Swimming
- Send and Receive