



## Kings Oak Primary Learning Centre PE Overview 2025/26

**Swimming and water safety initially taught in Y4 with addition sessions for children who did not meet the required standard in Y5.**

### Swimming and water safety Curriculum

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

### Early Years Physical Development Curriculum

#### **Gross Motor Skills**

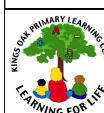
ELG Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

#### **Fine Motor Skills**

ELG Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;
- Use a range of small tools, including scissors, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.



**Autumn 1**

**Autumn 2**

**Spring 1**

**Spring 2**

**Summer 1**

**Summer 2**

**FS1**

**Physical development strands to be covered through selected provision.**

**FS2**

**Gross motor strand to be covered through selected provision.**

**Speed, agility, travel**

**Body Management**


**Manipulation and coordination**

**Cooperate and solve problems**

## Key Stage 1 National Curriculum

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:

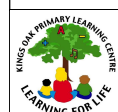
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement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

		Key Stage 1 National Curriculum					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	<b>Inside</b>	<b>Gymnastics Unit 1</b>	<b>Gymnastics Unit 2</b>	<b>Dance Unit 1</b>	<b>Dance Unit 2</b>	<b>Send and Return Unit 1</b>	<b>OAA</b>
	<b>Outside</b>	<b>Run, Jump, Throw Unit 1</b>	<b>Run, Jump, Throw Unit 2</b>	<b>Hit, Catch, Run Unit 1</b>	<b>Hit, Catch, Run Unit 2</b>	<b>Attack, Defend, Shoot Unit 1</b>	<b>Sports Day Athletics</b>
<b>Year 2</b>	<b>Inside</b>	<b>Gymnastics Unit 1</b>	<b>Gymnastics Unit 2</b>	<b>Dance Unit 1</b>	<b>Dance Unit 2</b>	<b>Send and Return Unit 1</b>	<b>OAA</b>
	<b>Outside</b>	<b>Run, Jump, Throw Unit 1</b>	<b>Run, Jump, Throw Unit 2</b>	<b>Hit, Catch, Run Unit 1</b>	<b>Hit, Catch, Run Unit 2</b>	<b>Attack, Defend, Shoot Unit 1</b>	<b>Sports Day Athletics</b>

## Key Stage 2 National Curriculum

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 [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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.



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<b>Inside</b>	<b>Gymnastics</b>	<b>Dodgeball</b>	<b>Dance</b>	<b>Handball</b>	<b>Cricket</b>	<b>OAA</b>
	<b>Outside</b>	<b>Tennis</b>	<b>Hockey</b>	<b>Netball</b>	<b>Tag Rugby</b>	<b>Athletics</b>	<b>Rounders</b>
<b>Year 4</b>	<b>Inside</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Cricket</b>	<b>OAA</b>
	<b>Outside</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Netball</b>	<b>Tag Rugby</b>	<b>Athletics</b>	<b>Rounders</b>
<b>Year 5</b>	<b>Inside</b>	<b>Gymnastics</b>	<b>Dodgeball</b>	<b>Dance</b>	<b>Handball</b>	<b>Cricket</b>	<b>OAA</b>
	<b>Outside</b>	<b>Tennis</b>	<b>Hockey</b>	<b>Netball</b>	<b>Tag Rugby</b>	<b>Athletics</b>	<b>Rounders</b>
<b>Year 6</b>	<b>Inside</b>	<b>Gymnastics</b>	<b>Dodgeball</b>	<b>Dance</b>	<b>Handball</b>	<b>Cricket</b>	<b>OAA</b>
	<b>Outside</b>	<b>Tennis</b>	<b>Hockey</b>	<b>Netball</b>	<b>Tag Rugby</b>	<b>Athletics</b>	<b>Rounders</b>

