

PE Long Term Overview 2025 - 2026
(Y1 to Y6 Dance delivered by P.D School of Dance)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movement Skills: Travel, push, roll, climb and throw.	Fundamental Movement Skills: Balance, throw, jump/land, climb under/over	Fundamental Movement Skills: Jump, hop, throw under/over arm, catch a ball	Fundamental Movement Skills: Jump/land, travel under, over and through equipment, catch, roll	Fundamental Movement Skills: Jump, travel low to ground, hop and skip, catch. Pull body weight on equipment	Fundamental Movement Skills: Move in different ways, control object by touching, pushing, throwing, catching. Move with control and co-ordination.
Year 1	Dance – Three Little Pigs Convey characters using movement. Link movements together to sequence a story	Developing Fundamental Movement Skills Underarm throw Skipping Catching Running Jumping	Fundamental Movement Skills Developing FMS on apparatus	Gymnastics Travel in a variety of ways Rolling Jumping	FMS – kicking: Kick with increased accuracy. Intercept a ball.	Athletics Running/changing direction quickly. Throwing underarm. Jumping – landing safely.
Year 2	Demonstrate confidence in FSM Throwing, Skipping, Catching, Bouncing, Running, Jumping, Kicking, Rolling.	Gymnastics Jumping, travelling on hands/feet. Egg, pencil and teddy bear roll.	Dance – Explorers Develop basic dance moves and key travelling skills.	Games – Net and wall Develop skills to: Catch a ball Hold a bat Strike a ball	FMS – assessment Throw underarm at target. Underarm for distance. Kick for distance. Catch a ball. Complete obstacle course.	Athletics Apply and develop FMS – increasing speed and accuracy each time.

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<p>Year 6</p>	<p align="center">Orienteering</p> <p>Orientate a map when moving around a simple course. Use 8 compass points to navigate a course. Plan a route.</p>	<p align="center">Gymnastics</p> <p>Perform shapes and balances with partner. Perform counterbalance and counter tension paired balances using apparatus. Create sequence with group.</p>	<p align="center">Invasion games – Rugby</p> <p>Demonstrate passing and catching a rugby ball with consistency, accuracy and control. Apply simple tactics in a rugby type game.</p>	<p align="center">Net and wall – Badminton</p> <p>Use a forehand and backhand shot with consistency. Direct a shuttlecock to hold a rally with partner. Demonstrate simple tactics on a game to score points.</p>	<p align="center">Striking and fielding – cricket</p> <p>Bowl underarm with accuracy. Catch a ball with accuracy. Strike a ball with a cricket bat off a tee. Bowl overarm with accuracy. Use tactics in a game.</p>	<p align="center">Dance - Highway man</p> <p>Retell the poem poem through movement linking travel, jump, turn, gesture and stillness.</p>
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Progression in Key Substantive Knowledge and Disciplinary Skills - Retrieval Practice/Spaced learning

	Fundamental Movement Skills
EYFS	<ul style="list-style-type: none">• Locomotor skills:• Running: Moving forward at a fast pace.• Jumping: Propelling oneself into the air and landing on one's feet.• Hopping: Moving forward by springing off one foot and landing on the same foot.• Leaping: Moving forward by springing off one foot and landing on the other foot.• Skipping: Alternating forward steps with a hop on one foot.• Galloping: Moving forward with a sideways step and a hop on the same foot.• Manipulative skills:• Throwing: Projecting an object with the hands.• Catching: Stopping and controlling an object with the hands.• Kicking: Propelling an object with the feet.• Striking: Using a part of the body or an implement to hit an object.• Dribbling: Controlling an object with a specific part of the body while moving.• Balancing Skills:• Balancing: Maintaining a stable posture.• Twisting: Rotating the body around its axis.• Bending: Flexing or extending a joint.• Stretching: Lengthening a muscle.

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Year 1	<p align="center">Developing Fundamental Movement Skills</p> <p align="center">Underarm throw Skipping Catching Running Jumping Develop FMS on apparatus Kick with increased accuracy. Intercept a ball.</p>			
Year 2	<p align="center">Demonstrate confidence in FSM Throwing, Skipping, Catching, Bouncing, Running, Jumping, Kicking, Rolling.</p> <p align="center">Assessment: Throw underarm at target. Underarm for distance. Kick for distance. Catch a ball. Complete obstacle course.</p>			
	Gymnastics	Dance	Athletics	Games (Invasion/Striking and Filing)
Year 1	<ul style="list-style-type: none"> - Travel in a variety of ways: - Rolling - Jumping 	<ul style="list-style-type: none"> - Convey characters using movement. - Link movements together to sequence a story. 	<ul style="list-style-type: none"> - Running/changing direction quickly. - Throwing underarm. - Jumping – landing safely. 	<ul style="list-style-type: none"> - Kick with increased accuracy. - Intercept a ball.
Year 2	<ul style="list-style-type: none"> - Jumping, travelling on hands/ feet. - Perform an egg, pencil and teddy bear roll. 	<ul style="list-style-type: none"> - Develop basic dance moves and key travelling skills. 	<ul style="list-style-type: none"> - Apply and develop FMS increasing speed and accuracy each time. 	<ul style="list-style-type: none"> - Develop skills to: - Catch a ball - Hold a bat - Strike a ball

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Year 3	<ul style="list-style-type: none"> - Travel with control on 4 body parts. - Balance on 2/3 body parts. - Sequence with 6 actions. 	<ul style="list-style-type: none"> - Explore movement, communicating character. 	<ul style="list-style-type: none"> - Throw using a pull, push and sling action. - Pass a quoit/baton to a teammate. 	<p style="text-align: center;">(Rounders)</p> <ul style="list-style-type: none"> - Underarm throw with accuracy. - Catch a ball. - Strike a ball. - Apply simple game tactics. <p style="text-align: center;">(Basketball):</p> <ul style="list-style-type: none"> - Pass with chest or bounce. - Move into space. - Dribble a ball. - Outwit opponent.
Year 4	<ul style="list-style-type: none"> - Travel on feet/hands. - Combine travelling, jumping and balance actions. - Link 6 actions. - Teach to partner and assess. 		<ul style="list-style-type: none"> - Throw using a pull, push and sling action. - Pass a baton to a teammate when running. - Perform a hop, skip and jump over distance. 	<p style="text-align: center;">Creative games (tag and target)</p> <ul style="list-style-type: none"> - Dodge in a tag game. - Demonstrate aiming skills in throwing and rolling. - Send an object to a target. <p style="text-align: center;">Basketball:</p> <ul style="list-style-type: none"> - Demonstrate chest and bounce pass. - Move into space after pass. - Pass ball accurately in game. - Use tactics to outwit opponent. <p style="text-align: center;">Tennis:</p> <ul style="list-style-type: none"> - Explore throwing actions. - Practise catching. - Strike a ball using a racquet. - Devise own game. <p style="text-align: center;">Cricket:</p> <ul style="list-style-type: none"> - Demonstrate underarm throw. - Catch a ball in a striking and fielding game. - Bowling a ball underarm. - Apply simple tactics in a competitive game.

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Year 5	<ul style="list-style-type: none"> - Perform partner balances. - Create simple sequence of matched and mirror partner balances. - Create sequence with counterbalance and counter tension with partner. 	<p style="text-align: center;">Swimming</p> <ul style="list-style-type: none"> - all year (as per the National Curriuculum) 	<ul style="list-style-type: none"> - Perform running techniques for long and short distances. - Perform a pull and push throw. - Run for distance. 	<p style="text-align: center;">Creative games</p> <ul style="list-style-type: none"> - Dribble, pass and receive a ball. - Create rugby type game, outwit an opponent and apply attacking/defending tactics. <li style="padding-left: 40px;">Netball: - Pass and catch a netball with consistency, accuracy and control. - Apply simple tactics (attacking and defending) in a netball game. <li style="padding-left: 40px;">Tennis: - Demonstrate forehand and backhand shot with consistency. - Direct a ball to a partner to continue a rally. <li style="padding-left: 40px;">Rounders: - Bowl underarm with accuracy. - Catch a ball when fielding. - Strike a ball with bat. - Use overarm throw when fielding a ball.
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<p>Year 6</p>	<ul style="list-style-type: none"> - Perform shapes and balances with partner. - Perform counterbalance and counter tension paired balances using apparatus. - Create sequence with group. 	<p style="text-align: center;">Orienteering</p> <ul style="list-style-type: none"> - Orientate a map when moving around a simple course. - Use 8 compass points to navigate a course. - Plan a route. 	<ul style="list-style-type: none"> - Perform running techniques for long and short distances. - Perform a pull and push throw. - Run for distance. - Set personal goals to improve performance – time and distance measures. 	<p style="text-align: center;">Rugby:</p> <ul style="list-style-type: none"> - Demonstrate passing and catching a rugby ball with consistency, accuracy and control. - Apply simple tactics in a rugby type game. <p style="text-align: center;">Badminton:</p> <ul style="list-style-type: none"> - Use a forehand and backhand shot with consistency. - Direct a shuttlecock to hold a rally with partner. - Demonstrate simple tactics on a game to score points. <p style="text-align: center;">Cricket:</p> <ul style="list-style-type: none"> - Bowl underarm with accuracy. - Catch a ball with accuracy. - Strike a ball with a cricket bat off a tee. - Bowl overarm with accuracy. - Use tactics in a game.
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