

PE Long Term Overview 2026 - 2027
(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	Developing Fundamental Movement Skills Underarm throw Skipping Catching Running Jumping	Gymnastics Travel in a variety of ways Rolling Jumping	FMS – kicking: Kick with increased accuracy. Intercept a ball.	Dance – Travel Convey characters using movement. Link movements together to sequence an action.	Fundamental Movement Skills Developing FMS on apparatus	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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Year 6	Orienteering Orientate a map when moving around a simple course. Use 8 compass points to navigate a course. Plan a route.	Gymnastics Perform shapes and balances with partner. Perform counterbalance and counter tension paired balances using apparatus. Create sequence with group.	Invasion games – Rugby Demonstrate passing and catching a rugby ball with consistency, accuracy and control. Apply simple tactics in a rugby type game.	Net and wall – Badminton 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.	Striking and fielding – cricket 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.	Dance - Highway man Retell the poem poem through movement linking travel, jump, turn, gesture and stillness.
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Progression in Key Substantive Knowledge and Disciplinary Skills - Retrieval Practice/Spaced learning

	Fundamental Movement Skills
EYFS	• 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	Developing Fundamental Movement Skills Underarm throw Skipping Catching Running Jumping Develop FMS on apparatus Kick with increased accuracy. Intercept a ball.			
Year 2	Demonstrate confidence in FSM Throwing, Skipping, Catching, Bouncing, Running, Jumping, Kicking, Rolling. Assessment: Throw underarm at target. Underarm for distance. Kick for distance. Catch a ball. Complete obstacle course.			
	Gymnastics	Dance	Athletics	Games (Invasion/Striking and Fledging)
Year 1	- Travel in a variety of ways: - Rolling - Jumping	- Convey characters using movement. - Link movements together to sequence a story.	- Running/changing direction quickly. - Throwing underarm. - Jumping – landing safely.	- Kick with increased accuracy. - Intercept a ball.
Year 2	- Jumping, travelling on hands/ feet. - Perform an egg, pencil and teddy bear roll.	- Develop basic dance moves and key travelling skills.	- Apply and develop FMS increasing speed and accuracy each time.	- Develop skills to: - Catch a ball - Hold a bat - Strike a ball

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Year 3	- Travel with control on 4 body parts. - Balance on 2/3 body parts. - Sequence with 6 actions.	- Explore movement, communicating character.	- Throw using a pull, push and sling action. - Pass a quoit/baton to a teammate.	(Rounders) - Underarm throw with accuracy. - Catch a ball. - Strike a ball. - Apply simple game tactics. (Basketball): - Pass with chest or bounce. - Move into space. - Dribble a ball. - Outwit opponent.
Year 4	- Travel on feet/hands. - Combine travelling, jumping and balance actions. - Link 6 actions. - Teach to partner and assess.		- Throw using a pull, push and sling action. - Pass a baton to a teammate when running. - Perform a hop, skip and jump over distance.	Creative games (tag and target) - Dodge in a tag game. - Demonstrate aiming skills in throwing and rolling. - Send an object to a target. Basketball: - Demonstrate chest and bounce pass. - Move into space after pass. - Pass ball accurately in game. - Use tactics to outwit opponent. Tennis: - Explore throwing actions. - Practise catching. - Strike a ball using a racquet. - Devise own game. Cricket: - 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	- Perform partner balances. - Create simple sequence of matched and mirror partner balances. - Create sequence with counterbalance and counter tension with partner.	Swimming - all year (as per the National Curriculum)	- Perform running techniques for long and short distances. - Perform a pull and push throw. - Run for distance.	Creative games - Dribble, pass and receive a ball. - Create rugby type game, outwit an opponent and apply attacking/defending tactics. Netball: - Pass and catch a netball with consistency, accuracy and control. - Apply simple tactics (attacking and defending) in a netball game. Tennis: - Demonstrate forehand and backhand shot with consistency. - Direct a ball to a partner to continue a rally. 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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Year 6	- Perform shapes and balances with partner. - Perform counterbalance and counter tension paired balances using apparatus. - Create sequence with group.	Orienteering - Orientate a map when moving around a simple course. - Use 8 compass points to navigate a course. - Plan a route.	- 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.	Rugby: - Demonstrate passing and catching a rugby ball with consistency, accuracy and control. - Apply simple tactics in a rugby type game. Badminton: - 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. Cricket: - 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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