

Physical Education
Subject Development
2025-26

Ensuring continuity and progression

Spatial Awareness and Gross Motor Skills (Autumn 1)

- Travel around a space safely using a variety of gross motor movements
- Follow verbal and visual cues to change the type and speed of travel
- Use spatial awareness to explore an obstacle course
- Use gross and fine motor skills when acting like a pirate
- To throw, catch, roll, and dodge.

Gymnastics 1 (Autumn 2)

- Travel around the room safely and replicate the 5 basic shapes
- Perform a straight jump and star jump
- Perform a pencil roll and sideways roll
- Perform an individual balance with control
- Combine these skills in a basic routine



Dance 1 (Spring 1)

- Replicate simple pirate dance actions
- Create freestyle pirate choreography
- Combine freestyle choreography with a set routine
- Perform a class routine with control and fluency



Swimming 1

- Splash feet at the water's surface
- Swim on front for 2m with a woggle
- Swim on back for 2m with a woggle
- Blow an object for 2m
- P+G on front with a float
- P+G on back with a float



Swimming 2

- Blow bubbles with mouth and nose submerged
- Swim on front while blowing bubbles
- Swim on back with ears in the water
- Spin 360 degrees in the water
- Perform a star float on front and back
- Jump in to a teacher



Ball Skills 1 (Spring 2)

- Kicking: dribble a small ball with control
- Racket Skills: Hit a tennis ball from a tee
- Balloon Skills: hit a balloon up in the air consecutively
- Bouncing Skills: Bounce a ball consecutively
- Throwing and catching: Throw and catch a large ball or bean bag with

Athletics 1 (Summer 1)

- Sprinting: To race from a standing start
- Relays: To work as a team to complete a relay race
- PA: Jumps: To perform the speed bounce
- Throws: To throw a tennis ball as far as possible
- To participate in a longer running race



Striking and Fielding 1 (Summer 2)

- Throw and catch a large ball with control
- Batting: Strike a ball from a tee using a large bat
- Fielding: try to stop a rolling ball using two hands and return it
- Gently throw a ball with 2-hands and try to aim straight
- Take turns and follow simple instructions during a game

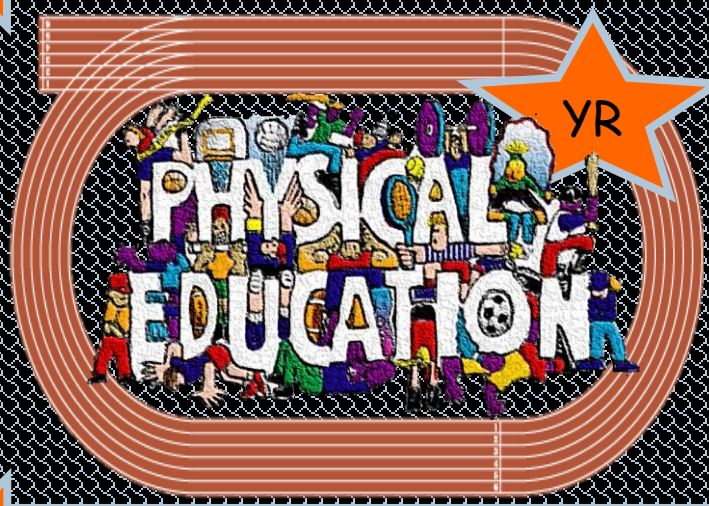


Be Healthy

Be Thoughtful

Be Active

Be Competitive



Touch Rugby 1 (Autumn 1)

- Keep control of a ball while running to score a try.
- Use a sidestep or dodge while running
- Pass a ball accurately towards a target
- Catch a ball with target hands
- Use these skills in a competitive game



Gymnastics 2 (Autumn 2)

- Perform a straight, star, and tuck jump
- Perform a pencil roll and sideways roll with control
- Hold an individual balance still for 5 seconds
- Perform a partner balance with good body tension.
- Combine these skills into a sequence



Dance 2 (Spring 1)

- Replicate simple pirate dance actions in time with the music
- Create suitable actions for freestyle choreography
- Combine freestyle choreography with a set routine, keeping in time with the music
- Perform a class routine with control and fluency



Swimming 3

- Move through the water confidently
- 5m front paddle with woggle
- 5m back paddle with woggle
- P+G on front and back with woggle



Swimming 4

- Tread water with a sea horse or floats for support
- BRS legs on back for 2m with a woggle
- Be comfortable with water poured over your head
- Perform a star float on your back with a float

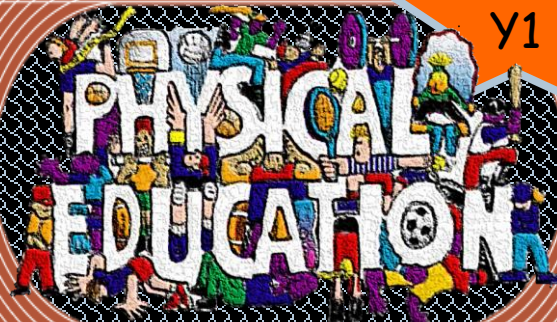


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Ball Skills 2 (Spring 2)

- Kicking: shoot accurately towards a target
- Racket Skills: Hit a tennis ball that has been thrown towards you
- Balloon Skills: work with a partner to keep a balloon in the air
- Bouncing Skills: Bounce a ball while moving to avoid obstacles
- Throwing and catching: Throw and catch a tennis ball with control

Athletics 2 (Summer 1)

- Sprinting: To sprint with good technique from a standing start
- Relays: To compete in a 'there and back' relay race
- PA: Jumps: To perform the standing long jump
- Throws: To throw a foam javelin as far as possible
- To compete in a longer running race



Striking and Fielding 2 (Summer 2)

- Throw and catch a bouncing ball with control
- Batting: Stand sideways when batting
- Fielding: stop a ball and throw it underarm with some accuracy
- Bowl underarm with 1-hand to the batter
- Understand the basic roles of batting and fielding in a game



Touch Rugby 2 (Autumn 1)

- Use a dodge / side-step to evade a defender
- Use a fake pass to evade a defender
- Pass backwards or sideways to a partner while running.
- Catch with 2 hands while running
- Apply these skills in a competitive game



Gymnastics 3 (Autumn 2)

- Perform a half turn and full turn jump with height and a controlled landing
- Perform a teddy bear roll in a straddle shape
- Hold an individual balance still for 5 seconds
- Perform a partner balance with good body tension.
- Combine these skills into a sequence



Dance 3 (Spring 1)

- Create suitable dance actions for different Gruffalo characters
- Use facial expressions and body language to tell the story
- Perform dance actions in time with the music
- Perform a set role in a class dance performance with control and fluency



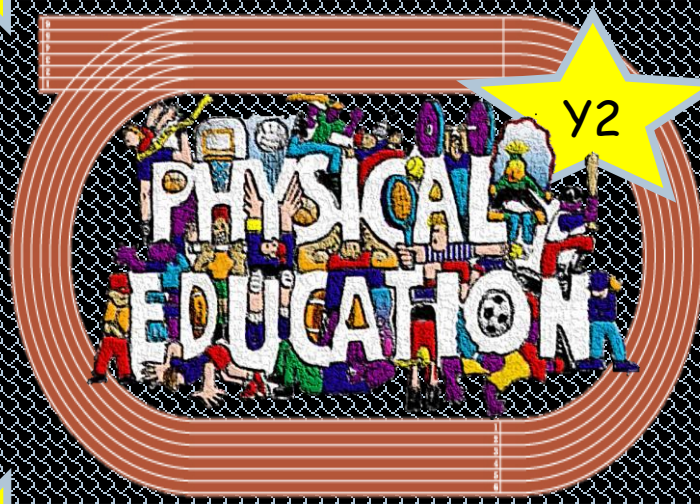
Swimming 5

- Kick across the pool blowing bubbles
- Swim 2m front paddle with no float
- Swim 2m back paddle with no float
- Perform front crawl arm action while standing



Be Thoughtful

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Swimming 6

- Perform back crawl arm action while standing
- P+G on front with face in the water
- P+G on back with arms by your side
- Retrieve a sinker
- Back float - front float - back float



Football 1 (Spring 2)

- Maintain control of the ball while dribbling
- Pass the ball accurately to a partner and receive with control
- PA: Shoot accurately toward a target
- Stand in a good defensive stance
- Play a simple small-sided game



Be Competitive

Athletics 3 (Summer 1)

- Sprinting: To drive your arms while sprinting
- Relays: To make a 'V' shape to receive a baton
- PA: Jumps: To swing your arms when jumping
- Throws: To lean back before you throw
- To compete in a longer running race with suitable technique



Striking and Fielding 3 (Summer 2)

- Throw and catch a tennis ball from close range
- Batting: Run at speed around bases while holding a bat
- Fielding: move to the ball quickly, stop it, and throw it accurately
- Bowl underarm using the correct stance and action
- Know when to run when batting and where to throw the ball when fielding



Touch Rugby 3 (Autumn 1)

- Use a dodge or side-step to evade a defender
- Pass the ball to evade a defender
- Pass and receive in a competitive game.
- Tag an opponent safely and with good technique
- Play a simple game of tag rugby.



Gymnastics 4 (Autumn 2)

- Perform a cat leap with a half or full turn
- Perform a forward roll safely
- Hold an individual balance still for 5 seconds
- Perform a partner balance with good body tension.
- Combine these skills into a sequence



Dance 4 (Spring 1)

- Replicate safari themed dance actions in time with the music
- Perform these actions without adult guidance
- Create suitable dance actions to add to your routine
- Perform this routine with control and fluency, keeping in time with the music



Swimming 7

- P+G into front crawl or breaststroke and swim 5m
- P+G into back crawl and swim 5m
- Perform a star float for 3s
- Perform dolphin leg kick for 2m on front or back



Swimming 8

- Scull headfirst with a woggle
- Attempt breaststroke
- Tread water for 10 seconds
- Swim on front for 2m and then roll onto back for 2m

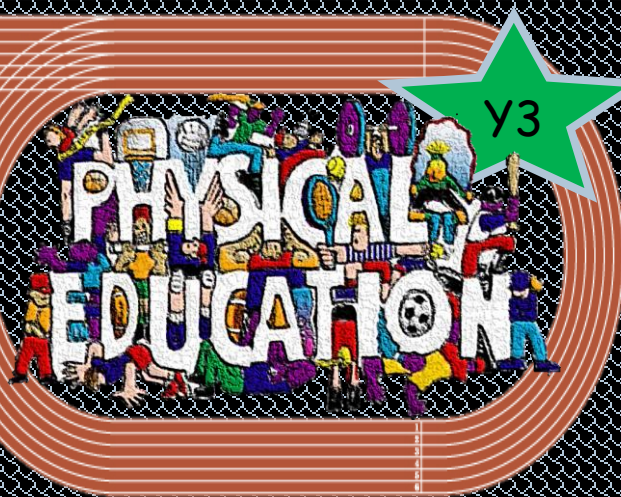


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Football 2 (Spring 2)

- Use different parts of your foot to dribble the ball
- Pass and receive with control while moving around the pitch
- PA: Shoot with accuracy toward the corner of the goal
- Tackle an opponent safely
- Follow the rules of a small-sided game



Athletics 4 (Summer 1)

- Sprinting: To drive your knees while sprinting
- Relays: To complete a relay race around a circuit
- PA: Jumps: To lean forwards when landing a jump
- Throws: To twist your upper body when throwing
To slow your pace when running longer distances



Striking and Fielding 4 (Summer 2)

- Throw and catch a ball with one hand
- Batting: Strike a ball that has been bowled towards you
- Fielding: Catch a ball using 2-hands and throw it overarm with control
- Bowl with a smooth action at the correct height and speed
- Apply the rules more confidently and make simple decisions to help my team



In addition to TWA, Year 4 take part in 3 PE topics while the swimming pool is closed for the winter

'Together We Achieve' course with Mr Mayne

Gymnastics 5 (Autumn 2)

- Perform a cat leap with a half or full turn
- Perform a forward roll safely
- Hold an individual balance still for 5 seconds
- Perform a partner balance with good body tension.
- Combine these skills into a sequence

Swimming 9

- Tread water for 5 seconds
- Perform a 5 second push and glide
- Collect a sinker
- Swim 5m front crawl, roll over, swim 5m back crawl
- Swim 5m dolphin leg kick



Swimming 10

- Perform a headfirst scull for 2m
- Perform a feet first scull for 2m
- Perform front crawl breathing for 10m with a float for support
- Swim 5m breaststroke with the correct technique



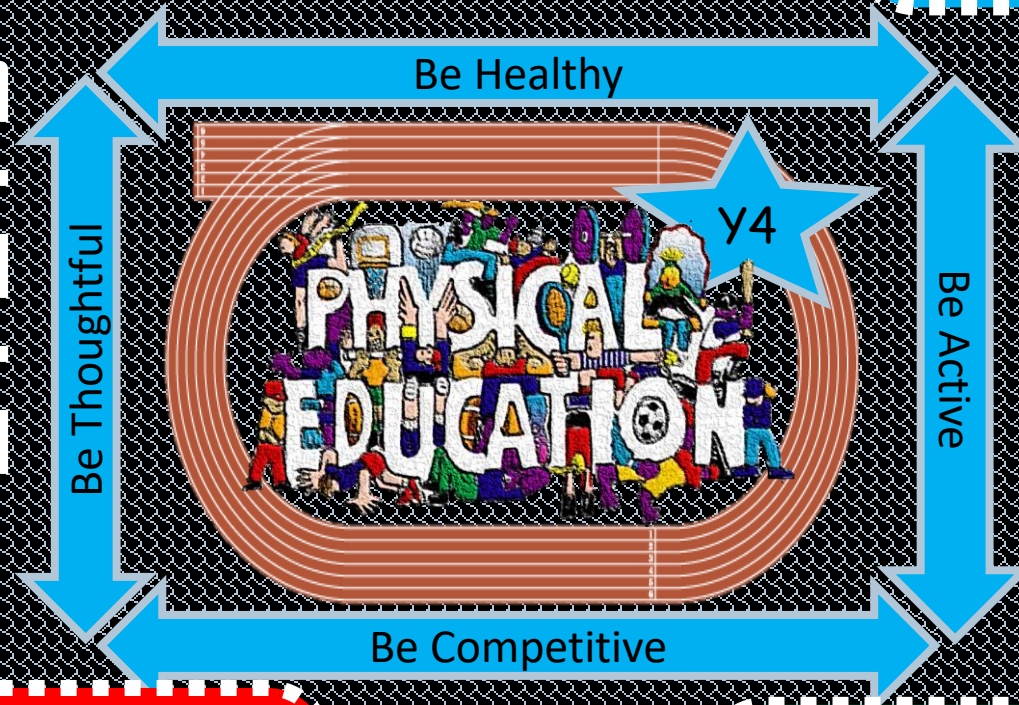
Cricket 5 (Spring 1)

- Ball familiarisation: Use a long barrier to stop a ball
- Bowling: Bowl accurately towards a target
- PA: Batting: Strike a bouncing ball
- Fielding: Communicate with a teammate to field a ball quickly
- Competitive Games: Bat, bowl, and field with accuracy



Football 3 (Spring 2)

- Change direction smoothly while dribbling
- Pass the ball accurately with both feet
- PA: Shoot accurately past a goalkeeper
- Move quickly to intercept a pass
- Dribble with control in a competitive game



Basketball 1 (Autumn 1)

- Maintain control of the ball while dribbling
- Perform an accurate chest pass and bounce pass
- Pivot correctly to face a different direction
- Perform a set-shot and jump shot.
- Use a good defensive stance in a competitive situation
- Implement these skills in a game while following the rules



Gymnastics 6 (Autumn 2)

- Perform a wolf jump or stag leap with height and a controlled landing
- Perform a forward roll or backward roll to standing
- Hold an individual balance still for 5 seconds
- Perform a partner balance with good body tension.
- Use basic choreographic devices in a sequence



Dance 5 (Spring 1)

- Accurately replicate cheer dance actions, keeping in time with the music
- Select cheer dance actions and combine them into a smooth routine
- Create suitable actions and incorporate them into a routine
- Use a variety of formations in a group routine and perform this with confidence to the class.



Swimming 11

- Perform a back float - tuck - front float
- Scull headfirst and feet first for 5 metres
- P+G on back - tuck - return on front
- Swim 10m front crawl
- Swim 10m back crawl



Swimming 12

- Swim 5m breaststroke
- P+G to the bottom on the pool - tuck - spring up
- Mushroom float - front float - stand
- Enter the pool - swim 5 metres - exit safely



Football 4 (Summer 1)

- Dribble with both feet when under pressure
- Pass and receive to evade a defender
- PA: Shoot with your weaker foot
- Perform a safe block tackle
- Pass and receive with control in a competitive game.



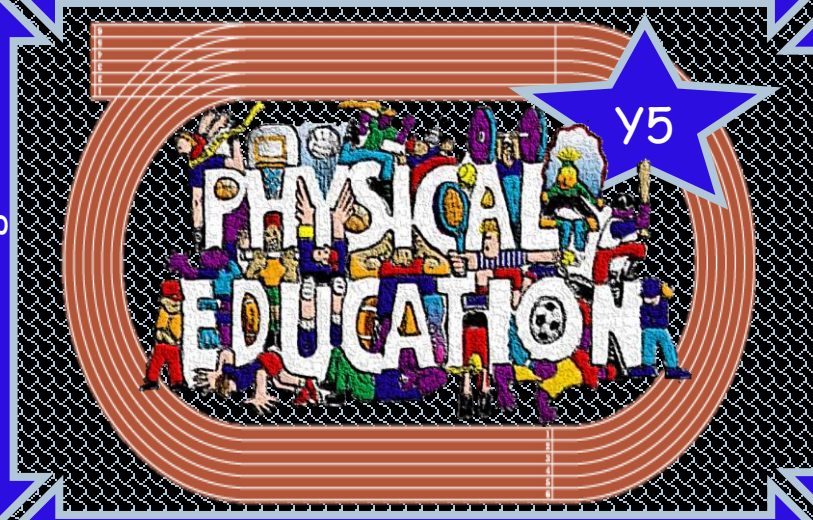
Athletics 5 (Summer 2)

- Sprinting: To sprint at speed from a crouched position
- Relays: To perform a smooth relay changeover
- PA: Jumps: To use the correct footwork in a triple jump
- Throws: To throw a shot with good technique
- To maintain a consistent speed over a longer distance race



Striking and Fielding 5 (Summer 2)

- Throw overarm and catch a high ball
- Batting: Follow through to strike a ball with power
- Fielding: field a moving ball effectively and return it quickly
- Bowl accurately from the correct distance with proper foot placement
- Use tactics appropriately when batting or fielding



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Be Competitive

Basketball 2 (Autumn 1)

- Dribble with both hands to evade a defender
- Select the best pass in different competitive situations
- Perform a forwards and backwards pivot
- Perform a lay up with the correct footwork
- Defend effectively both 1 on 1 and as a team.
- Implement these skills in a game while following the rules



Gymnastics 7 (Autumn 1)

- Perform a pike or straddle jump with height and a controlled landing
- Perform a forward roll or backward roll in a straddle shape
- Hold an individual balance still for 5 seconds
- Perform a partner balance with good body tension.
- Use a range of choreographic devices in a sequence



Dance 6 (Spring 1)

- Accurately replicate soccer jam actions, keeping in time with the music
- Create suitable actions and incorporate them into a routine
- Perform each action for 16 counts throughout your routine
- Use a variety of formations in a group routine and perform this with confidence to the class



Swimming 13

- Tread water for 15 seconds
- Swim 25m back crawl
- Swim 25m front crawl
- Perform lifesaving backstroke kick for 10m
- Swim 5m dolphin leg kick



Swimming 14

- Swim 25m dolphin leg kick on your back
- Perform a handstand in the pool
- Front float - back float - front float
- Submerge - push and glide on your side - roll to face down



Football 5 (Summer 1)

- Dribble at speed in a competitive game
- Pass and receive with control in a competitive game
- PA: Shoot with accuracy when under pressure from a defender
- Tackle an opponent in a competitive situation
- Perform skills with control and accuracy in a competitive game



Athletics 6 (Summer 2)

- Sprinting: To complete a sprint race with good overall technique
- Relays: To ensure the baton never slows down in a relay race
- PA: Jumps: To perform the standing long jump and triple jump with good overall technique
- Throws: To throw a discus with good technique
- To implement a race strategy for distance races



Striking and Fielding 6 (Summer 2)

- Throwing and catching: Move your feet quickly to catch a ball
- Batting: Strike a ball in different directions in a competitive game
- Fielding: choose the best fielding technique based on the game situation
- Deliver a legal underarm bowl with tactical placement
- Play a full game as part of a team, using correct rules and tactics



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