



PE Curriculum Overview 2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Nursery	<p>Gross Motor skills</p> <ul style="list-style-type: none"> - Begin to stack blocks to build a small tower. - Walk steadily and unaided, able to stop and start. Climb using two feet to a step. - Step-up & Step down <p>Fine Motor skills</p> <ul style="list-style-type: none"> - Fine motor development – Picks up small objects between thumb and fingers. - Use range of tools – Copy lines and circles using gross motor movements. Hold mark making implement in palmar grasp and make marks. Use scissors to snip card. - Manage clothing and using a spoon independently. Drink from a cup without a lid. 		<p>Gross Motor skills</p> <ul style="list-style-type: none"> - Begin to balance blocks to build a small tower. Thread large beads onto a string independently. - Explore travelling in a range of ways Climb with increasing confidence. - Run safely avoiding obstacles. - Sit on a push-along/ ride a tricycle. Use my feet to push along. <p>Fine Motor skills</p> <ul style="list-style-type: none"> - Use range of tools - Use scissors with correct grip whilst moving them forwards across the paper. Begin to hold mark making implement with developing tripod grip. - Manage clothing and using a fork independently. Drink from a cup without spillage. 		<p>Gross Motor skills</p> <ul style="list-style-type: none"> - Build with independence. - Walk, run, and jump with two feet together. Throw and catch a large ball. Thread small objects. - Climb on, off, under and through low level apparatus with confidence. - Sit on a push-along trike. Pedal a trike using two feet. <p>Fine Motor skills</p> <ul style="list-style-type: none"> - Fine motor development– Picks up small objects between thumb and fingers with confidence. - Use range of tools - Hold scissors correctly with increasing control e.g. to follow a line. Copy mark making patterns e.g. zig zag, lines, circles using a pen, pencil etc. - Manage clothing, buttons, and zips, pour drinks and using a knife and forks to cut soft objects. 		
Pre-School	EYFS - FMS - Rosies Walk	EYFS - Fundamental Movement Skills	EYFS - FMS - Elmer	EYFS - FMS - Mini Beasts	EYFS - FMS - Transport	EYFS - FMS - Seaside	
Reception	EYFS - Fundamental Movement Skills	EYFS - FMS - How to catch a star	EYFS - FMS - Superworm	EYFS - FMS - Castles	EYFS - FMS - Jack and the Beanstalk	EYFS - FMS - Rumble in the jungle	
Year 1	KS1 - Y1 - FMS Baseline Unit - Supertato KS1 - Y1 - Baseline Unit Lost and Found	KS1 - Y1 - Gymnastics Activities Core Task 1 KS1 - Y1 Dance - Fire Fire	KS1 - Y1 - Gymnastics Activities Core Task 2 KS1 FMS and Gym Jack and the Beanstalk	KS1 - Y1 - FMS Underarm Throw KS1 Y1 FMS - Zog	KS1 - Y1 - FMS Overarm Throw KS1 - Y1 - FMS Rolling a Ball	KS1 - Y1 Athletics KS1 Y1 FMS - Tri Throlf	
Year 2	KS1 - Y1 - FMS Catching and Bouncing a ball KS1 FMS Kicking Unit	KS1 - Y2 FMS Bounce Ball KS1 - Y1 Dance - Travel	KS1 - Y2 - Gymnastics Activities KS1 – Y2 Dance - Once Upon a Giant	KS1 - Y2 - Games - Net and Wall KS1 - Y2 FMS Playground games in the 20th Century	Year 2 GOD KS1 - Y2 - Games - Striking and Fielding	KS1 - Y2 - FMS End of KS1 Assessment KS1 - Y2 Athletics	

Year 3	Year 3/4 Invasion Games - On the Attack Year 3/4 Creative Games - Tag and Target	Year 3 Gymnastics Core Task 1 Year 3/4 Dance - Rock and Roll	Year 3 Gymnastics Core Task 2 Year 3/4 Dance - Superhero	Year 3/4 - Net and Wall Unit Core Task 1 Year 3/4 OAA - Trust and Trails	Year 3/4 Striking and Fielding - Rounders Year 3/4 Invasion Games - Rugby 1	Year 3/4 Athletic Year 3/4 Invasion Games - Handball
Year 4	Year 3/4 Health Related Fitness Year 3/4 Invasion Games - Basketball	Year 4 Gymnastics Core Task 1 Year 3/4 Dance - Myths and Legends	Year 4 Gymnastics Core Task 2 Year 3/4 Target Games - Dodgeball	Year 3/4 Invasion Games - Rugby 2 Year 3/4 OAA - Team Work & Problem Solving	Year 3/4 Dance - Sparks Might Fly Year 3/4 Striking and Fielding - Cricket	Year 3/4 - Net and Wall Unit Core Task 2 Year 3/4 Athletics
Year 5	Year 5/6 Net and Wall - Tennis Year 5/6 Orienteering	Year 5 Gymnastic Core Task 1 Year 5/6 Dance - Earthlings	Year 5 Gymnastic Core Task 2 Year 5/6 Dance - Food, Glorious Food	Year 5/6 Invasion Games - Rugby 1	Year 5/6 OAA - Teamwork and Problem Solving 1 Year 5/6 - Creative Games	Year 5/6 Net and Wall - Badminton Year 5/6 Striking and Fielding - Cricket
Year 6	Year 5/6 - Creative Games Year 5/6 Athletics	Year 6 Gymnastic Core Task 1 Year 5/6 Dance - Robin Hood	Year 6 Gymnastic Core Task 2 Year 5/6 Dance - Heroes and Villains	Year 5/6 OAA – Teamwork and Problem Solving 2 Year 5/6 Invasion Games - Netball	Year 5/6 Invasion Games - Rugby 2 Year 5/6 Orienteering	Year 5/6 Invasion Games - Football Year 5/6 Striking and Fielding Games - Rounders