

Sir Alexander Fleming Primary School  
PE Curriculum Overview 2025-2026



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	FMS ABC'S	Dance	Gymnastics	Ball skills Individual Ball Mastery	Games Striking and Fielding	Athletics Balloon Games
Reception	FMS ABC'S Space Orientation Body Control Recalling & Copying Movement Patterns	Dance	Gymnastics	Games Net and Wall TENNIS	Games Striking and fielding Balloon games	Athletics
		Striking and Fielding CRICKET		BADMINTON		OAA
1	Invasion games football	Dance	Gymnastics	Games Net and Wall TENNIS	Games Striking and fielding ROUNDERS	Athletics
	Invasion games Hockey	Striking and Fielding CRICKET		BADMINTON		OAA
Year 2 Lesson 1	Invasion games football	Dance	Gymnastics	Games Net and Wall TENNIS	Games Striking and fielding- ROUNDERS	Athletics
Lesson 2	Invasion games Hockey	Striking and Fielding CRICKET		BADMINTON		OAA
Year 3 Lesson 1	Hockey	Dance	Gymnastics	Games Net and Wall TENNIS	Games Striking and Fielding - CRICKET	Athletics
Lesson 2	Invasion games football			BADMINTON	ROUNDERS	OAA
Year 4 Lesson 1	Hockey	Dance	Gymnastics	Games Net and Wall TENNIS	Games Striking and Fielding- CRICKET	Athletics
Lesson 2	Invasion games Football			BADMINTON	ROUNDERS	OAA
Year 5 Lesson 1	Hockey	Dance	Gymnastics	Games Net and Wall TENNNIS	Games Striking and fielding CRICKET	Athletics
Lesson 2	Invasion games Football			BADMINTON	ROUNDERS	OAA
Year 6 Lesson 1	Hockey	Dance	Gymnastics	Games Net and Wall TENNIS	Games Striking and fielding CRICKET	Athletics
Lesson 2	Invasion games Football			BADMINTON	ROUNDERS	OAA

National curriculum objectives KS1	Skills	Activity
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.	Running- speed, power Jumping- agility, balance and power Throwing- control, power, aim and coordination, Catching- coordination Balance- body control, direction Agility- speed and direction (control) Co-ordination- fine motor control/body control, Strength	Athletics (running, jumping, agility) Striking and fielding games (throwing and catching) Games/ Ball skills (throwing and catching) Gymnastics (Balance and coordination)
Participate in team games, developing simple tactics for attacking and defending	Communication, Team work and leadership Listening skills, Attacking- shooting, passing Defending- tackling	Invasion games, Multisports, Games
Perform dances using simple movement patterns	Coordination	dance
Additional experiences:	Target aim, Coordination, Fine motor control/body control	NAK, Archery, Boccia & Tri Golf
National curriculum objectives KS2	Skills	Activity
Use running, jumping, throwing and catching in isolation and in combination	Running, Jumping, Throwing, Catching	Athletics, Striking and Fielding games
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.	Ball skills- control, Agility, Teamwork and Sportsmanship, Attacking- shooting, passing Defending- tackling	Football, Tag rugby, Cricket, Hockey Basketball, Striking and fielding games
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Flexibility, Strength, Technique, Control, balance	Athletics, gymnastics
Perform dances using a range of movement patterns	Coordination, Balance	Dance
Take part in outdoor and adventurous activity challenges both individually and within a team	Map work skills Teamwork skills	Outdoor learning, OAA Teambuilding Arthog (residential), Orienteering (residential)
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Fitness
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	Swimming Stamina Range of strokes Water safety	Swimming (Year 4,5,6) Spring and Summer

