



# ST. AIDAN'S CATHOLIC PRIMARY SCHOOL

## PE Curriculum Overview 2025 - 2026

Year	Autumn		Spring		Summer		
	1	2	1	2	1	2	
EYFS	<b>Team Games</b> <i>Can I successfully negotiate space with others?</i>	<b>Dance</b> <i>Can I move freely in a range of ways?</i>	<b>Gymnastics</b> <i>Can I squat, stand and rise to feet without using hands?</i>	<b>Gymnastics apparatus</b> <i>Can I climb, travel and jump off objects appropriately?</i>	<b>Ball Skills</b> <i>Can I kick, catch and show control of a ball?</i>	<b>Athletics &amp; Sports Day</b> <i>Can I perform a basic jump, hop and safely run on foot?</i>	
	<b>On-going skills covered in outdoor and indoor provision</b>						
	+ 3 sessions		+ 2 sessions		+ 3 sessions		+ 5 sessions
Year 1	<b>Invasion Games</b> <i>Can I throw and catch an object?</i>	<b>Dance</b> <i>Can I perform a dance that shows repeated movements?</i>	<b>Gymnastics</b> <i>Can I link and repeat basic gymnastic actions with control and accuracy?</i>	<b>Striking and Fielding</b> <i>Can I strike, throw and catch an object?</i>	<b>Athletics</b> <i>Can I use my Athletics techniques to make the right choices in running, jumping and throwing? (sports day)</i>		
	+ 3 sessions		+ 2 sessions		+ 3 sessions		+ 5 sessions
Year 1/2	<b>Invasion Games</b> <i>Can I take part in a simple game that demonstrates simple tactics, including throwing, passing and hitting an object?</i>	<b>Dance</b> <i>Can I perform a dance that shows repeated movements with different stimuli?</i>	<b>Gymnastics</b> <i>Can I link and repeat basic gymnastic actions with control and accuracy using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I strike, throw and catch an object whilst moving?</i>	<b>Athletics</b> <i>Can I use my Athletics techniques to make the right speed and accuracy choices in running, jumping and throwing? (sports day)</i>		
	+ 3 sessions		+ 2 sessions		+ 3 sessions		+ 4 sessions
Year 2	<b>Invasion Games</b> <i>Can I take part in a simple game that demonstrates simple tactics, including throwing, passing and hitting an object?</i>	<b>Dance</b> <i>Can I perform a dance that shows repeated movements with different stimuli?</i>	<b>Gymnastics</b> <i>Can I link and repeat basic gymnastic actions with control and accuracy using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I strike, throw and catch an object whilst moving?</i>	<b>Athletics</b> <i>Can I use my Athletics techniques to make the right speed and accuracy choices in running, jumping and throwing? (sports day)</i>		
	+ 3 sessions		-		+ 3 sessions		+ 2 sessions



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Year	Autumn		Spring		Summer		
	1	2	2	1	1	2	
Year 3	<b>Invasion / Target Games</b> <i>Can I take part in a simple game that demonstrates simple tactics and an understanding of when to use different passes?</i>	<b>Dance</b> <i>Can I create and perform a dance that shows repeated movements with different stimuli?</i>	<b>Gymnastics</b> <i>Can I perform a gymnastic sequence with control and accuracy using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I strike, throw and catch a ball whilst moving around and to 'targets' within a game?</i>	<b>Swimming</b> <i>Can I swim 25 metres</i> <i>Use a range of strokes effectively</i> <i>Perform safe self-rescue</i>	<b>Athletics</b> <i>Can I use my Athletics techniques to make the right speed and accuracy choices in running, jumping and throwing? (sports day)</i>	<b>OA</b> <i>Can I use maps and diagrams to orientate a course?</i>
	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	-	+ 3 sessions	+ 3 sessions
Year 3/4	<b>Invasion / Target Games</b> <i>Can I take part in a simple game that demonstrates simple tactics and an understanding of when to use different passes?</i>	<b>Dance</b> <i>Can I create and perform a dance with a partner that shows repeated movements with different stimuli?</i>	<b>Gymnastics</b> <i>Can I perform a gymnastic sequence with a partner showing control and accuracy using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I strike, throw (bowl) and catch a ball whilst moving around and to 'targets' within a game?</i>	<b>Swimming</b> <i>Can I swim 25 metres</i> <i>Use a range of strokes effectively</i> <i>Perform safe self-rescue</i>	<b>Athletics</b> <i>Can I use my Athletics techniques in running, jumping and throwing to improve my time/distance? (sports day)</i>	<b>OA</b> <i>Can I use maps and diagrams to orientate a course?</i>
	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	-	+ 3 sessions	+ 3 sessions
Year 4	<b>Invasion / Target Games</b> <i>Can I take part in a simple game that demonstrates simple tactics and an understanding of when to use different passes?</i>	<b>Dance</b> <i>Can I create and perform a dance with a partner that shows repeated movements with different stimuli?</i>	<b>Gymnastics</b> <i>Can I perform a gymnastic sequence with a partner showing control and accuracy using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I strike, throw (bowl) and catch a ball whilst moving around and to 'targets' within a game?</i>	<b>Swimming</b> <i>Can I swim 25 metres</i> <i>Use a range of strokes effectively</i> <i>Perform safe self-rescue</i>	<b>Athletics</b> <i>Can I use my Athletics techniques in running, jumping and throwing to improve my time/distance? (sports day)</i>	<b>OA</b> <i>Can I use maps and diagrams to orientate a course?</i>
	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	-	+ 3 sessions	+ 3 sessions



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Year	Autumn		Spring		Summer	
	1	2	2	1	1	2
Year 5	<b>Invasion / Target Games</b> <i>Can I take part in recognisable games that demonstrate tactics and an understanding of when to use different skills?</i>	<b>Dance</b> <i>Can I create, perform and evaluate a dance with a partner that shows character and narrative response to different stimuli?</i>	<b>Gymnastics</b> <i>Can I compose and perform a gymnastic sequence with a partner showing control, accuracy, strength and fluency using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I strike, throw and catch a ball whilst moving around and to 'targets' within a game?</i>	<b>Athletics</b> <i>Can I use my Athletics techniques in running, jumping and throwing to decrease my time/distance? (sports day)</i>	<b>Outdoor Adventure</b> <i>Can I use maps, skills and strategies?</i>
	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions
Year 5/6	<b>Invasion / Target Games</b> <i>Can I take part in recognisable competitive games that demonstrate tactics and an understanding of when to use different skills?</i>	<b>Dance</b> <i>Can I compose, perform and evaluate a dance style (individual or with a partner) that shows motifs, character and narrative response to different stimuli?</i>	<b>Gymnastics</b> <i>Can I compose and perform a gymnastic sequence with a group showing control, accuracy, strength and fluency using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I competitively strike, throw and catch a ball whilst moving in a recognised game and evaluate my performance?</i>	<b>Athletics</b> <i>Can I use my Athletics techniques in running, jumping and throwing to decrease my time/distance? (sports day)</i>	<b>Outdoor Adventure</b> <i>Can I confidently use maps, skills and strategies to practice a range of solutions and challenges? (Residential)</i>
	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions
Year 6	<b>Invasion / Target Games</b> <i>Can I take part in recognisable competitive games that demonstrate tactics and an understanding of when to use different skills?</i>	<b>Dance</b> <i>Can I compose, perform and evaluate a dance style (individual or with a partner) that shows motifs, character and narrative response to different stimuli?</i>	<b>Gymnastics</b> <i>Can I compose and perform a gymnastic sequence with a group showing control, accuracy, strength and fluency using different apparatus?</i>	<b>Striking and Fielding</b> <i>Can I competitively strike, throw and catch a ball whilst moving in a recognised game and evaluate my performance?</i>	<b>Athletics</b> <i>Can I use my Athletics techniques in running, jumping and throwing to decrease my time/distance? (sports day)</i>	<b>Outdoor Adventure</b> <i>Can I confidently use maps, skills and strategies to practice a range of solutions and challenges? (Residential)</i>
	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions	+ 3 sessions