

PE SUBJECT OVERVIEW 2025-2026



Year Group	Lesson	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2	1	Physical Development GETSET – Introduction to PE	Physical Development GETSET - Fundamentals	Physical Development GETSET – Ball Skills 1	Physical Development GETSET – Ball Skills 2	Physical Development GETSET – Fun Games 1	Physical Development GETSET – Fun Games 2
1	1 - Outdoor	Locomotor Skills Tier 1 – walking, running, jumping GETSET - Fundamentals	Locomotor Skills Tier 2 – Sprinting, skipping, galloping, lunging GETSET - Fitness	Stability Skills GETSET - Invasion Games	Stability Skills GETSET – Ball Skills	Manipulative Skills Tier 1 – Kicking and Striking GETSET – Striking and Fielding	Manipulative Skills GETSET - Athletics
	2 - Indoor	Locomotor Skills Tier 1 – hopping, leaping, sidestepping GETSET – Fundamentals	Locomotor Skills Tier 2 –Dodging, and Dancing GETSET - Dance	Stability Skills Stretching, Bending, Balancing GETSET - Gymnastics	Stability Skills Tier 2 – Twisting and Turning. Climbing GETSET – Team Building	Manipulative Skills Tier 1 & 2 – Catching and Throwing GETSET - Target Games	Manipulative Skills Tier 3 – Weak hand actions (catching, throwing, kicking) GETSET – Net and wall games

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2	1 - Outdoor	Locomotor Skills Tier 1 – walking, running, jumping GETSET - Fundamentals	Locomotor Skills Tier 2 – Sprinting, skipping, galloping, lunging GETSET - Fitness	Stability Skills GETSET - Invasion Games	Stability Skills GETSET – Ball Skills	Manipulative Skills Tier 1 – Kicking and Striking GETSET – Striking and Fielding	Manipulative Skills GETSET - Athletics
	2 - Indoor	Locomotor Skills Tier 1 – hopping, leaping, sidestepping GETSET - Fundamentals	Locomotor Skills Tier 2 –Dodging, and Dancing GETSET - Dance	Stability Skills Stretching, Bending, Balancing GETSET - Gymnastics	Stability Skills Tier 2 – Twisting and Turning. Climbing GETSET – Team Building	Manipulative Skills Tier 1 & 2 – Catching and Throwing GETSET - Target Games	Manipulative Skills Tier 3 – Weak hand actions (catching, throwing, kicking) GETSET – Net and wall games
3	1 - Indoor	Dodgeball	Fitness	Gymnastics	Dance	Tennis and Badminton – outdoors?	Golf - outdoors
	2 - Outdoor	Touch Rugby	Hockey	Cricket	Football	OAA	Athletics
4	1 - Indoor	Fitness	Dance	Gymnastics	Dodgeball	Tennis & Badminton – outdoors?	Golf - outdoors

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	2 - Outdoor	Swimming	Swimming	Cricket	OAA	Football	Athletics
5	1 - Indoor	Gymnastics	Dance	Fitness	Dodgeball / volley ball	Racquet and bat sports - outdoors	Athletics - outdoors
	2 - Outdoor	Touch Rugby	Football	Hockey	Cricket	OAA	Golf
6	1 - Indoor	Dodgeball	Gymnastics	Fitness	OAA	Racquet and bat sports - outdoors	Dance – End of year production?
	2 - Outdoor	Netball/Rugby/Football. Sports Leaders	Netball/Rugby/Football. Sports Leaders	ST BARTS Sports Leaders Tennis/Badminton/Cricket	ST Barts Sports Leader Tennis/Badminton/Cricket	ST Barts Sports Leader	Athletics

Mastering the fundamentals

PE in the **early years** and **key stage one** setting has been designed to ensure the children develop their fundamental movement skills. These skills are essential as other more complex skills will be built on top of these skills in later years. Therefore, it is of vital importance that children in reception and key stage one have the chance to develop these skills early to enable successful participation in sports in later life. The fundamental skills taught in reception and key stage one have been broken down into three different categories: locomotor, manipulative, and stability skill sets. Each child needs to have left key stage one with a good level of proficiency in each of the three categories. As the skills are progressive, they have been placed into tiers with tier one skills being easier to learn than tiers two and three. The fundamental movement skills are below:

Fundamental Movement Skills		
Locomotor skills	Manipulative skills	Stability skills
<p>Tier 1</p> <ul style="list-style-type: none"> • Walking • Running • Jumping • Hopping (either or both legs) • Leaping • Side stepping <p>Tier 2</p> <ul style="list-style-type: none"> • Swinging • Sprinting • Skipping • Dodging • Galloping • Climbing • Lunging 	<p>Tier 1</p> <ul style="list-style-type: none"> • Catching (two handed) • Underhand throwing • Kicking (strong foot) <p>Tier 2</p> <ul style="list-style-type: none"> • Catching (one handed – strong hand) • Striking with the hand • Striking with object • Shaking <p>Tier 3</p> <ul style="list-style-type: none"> • Two handed strikes • Pivoting • Overhand throwing • Foot dribbling • Kicking (Weak foot) 	<p>Tier 1</p> <ul style="list-style-type: none"> • Stretching • Bending • Stopping • Balancing <ul style="list-style-type: none"> • Landing • Rolling <p>Tier 2</p> <ul style="list-style-type: none"> • Twisting/ rotating • Turning • Climbing (holds)

	<ul style="list-style-type: none"> • Catching (one handed – weak hand) • Hand dribbling - bouncing 	
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It is important to note that while these key fundamentals skills are taught as the primary focus in Key stage one PE, it is every year groups’ responsibility to ensure that these skills are taught, and issues addressed if gaps appear in a child’s skill set. Planning must consider how these gaps will be addressed.

Lessons at John Rankin

Every lesson will have consideration for the fundamental movement skills for that age group, this can be taught in isolation or in combination with each other. This is at the discretion of the class teacher, depending on their cohorts needs. For example, those children with little experience may be best suited to learning and practising individual skills while the more capable children practise a variety of skills in combination in a game setting. All PE lessons will incorporate the following;

- Revision of previous skills learned / how they can be used in this lesson
- A clear lesson objective with achievable, differentiated targets for children based on their needs and ability
- A clear demonstration (either by the teacher or videos) of the skills being taught with common mistakes or misconceptions addressed early
- Ample opportunity for the children to practise the skills
- Teachers and other staff observing and correcting errors in technique
- An opportunity to challenge their current skill levels and opportunities for reflection and feedback

Attainment targets per year group (Infants)

Reception	Year 1	Year 2
<ul style="list-style-type: none"> • Children should recognise some basic movement vocabulary such as jump, run, catch and throw. • Children should be able to demonstrate a basic technique for most of the fundamental movement skills in tier 1. 	<ul style="list-style-type: none"> • Children should be familiar with the basic movement vocabulary in the fundamental skills lists. • Children should be able to perform most skills on the fundamental movement lists. • Children should be able to comfortably perform all movements in tier 1. 	<ul style="list-style-type: none"> • Children should know and use the basic movement vocabulary in the fundamental skills list. • Children should be able to comfortably perform all movements in tier 1, 2 and 3. • Children should be able to demonstrate how skills they have learned are applied to basic games.