



Whole School Physical Education Overview 2024 2025

Strands						
Athletics	Games			Gymnastics	Dance	OAA
	Invasion	Net/Wall	Striking and Fielding			Swimming

EYFS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Physical development is the foundation for our Physical Education curriculum. In nursery, children learn to develop gross and fine motor skills, which improve their co-ordination, balance and control. Regular outdoor play, indoor play and creative games ensure our pupils move energetically, negotiate space, develop stability, spatial awareness and cross lateral movement.					
Reception	Fundamental Movement Skills (FMS) Introduction	Mini beasts FMS	Seasons Dance	Rosies Walk FMS	Rumble in the jungle FMS	Seaside FMS



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamental Movement skills Assessment	Developing running, jumping and throwing	Exploring ways of travelling	Developing target throwing	Rolling a ball	Developing more efficiency when running jumping or throwing
	Fundamental Movement skills Assessment	Gymnastics Exploring body management	Dance Exploring dance actions based on mini bugs	Creative gymnastics	Overarm throw	Catching and bouncing a ball
Year 2	Exploring rolling balls and target throwing	FMS Target throw	Bouncing balls and throwing and catching	Mastering basic movements including running, jumping and throwing	Mastering FMS	Fundamental Movement skills Assessment
	Developing FMS focussing on body management	Linking dance actions based on the Fire of London	Piggy in the middle games	Creative gymnastics	Mastering FMS	Fundamental Movement skills Assessment
Year 3	Fundamental Skills Catch up Playground games of 20 th century	Exploring 3 touch ball games	OAA Team work and Problem solving	Invasion Games Handball	Participate in full range of running activities	Cricket Developing sending and receiving skills
	Linking skills to create sequences	Creating a short dance based on the Ancient Egyptians	Tag and Target games	Creative gymnastics	Net/Wall Developing sending and receiving skills	Net/Wall Developing sending and receiving skills

KS1 & KS2

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Year 4	Invasion Games Throwing and catching	Creative exploration of games activities	Invasion Games Football	OAA Working with a partner to solve trust challenges	Athletics Safely performing a range of throwing actions	Cricket Applying sending and receiving skills
	Gymnastics Developing strength and flexibility through a range of skills	Dance Creating a short dance based on the Romans	Tag and Target activities	Creative gymnastics	Invasion Games Lacrosse	Tennis Applying sending and receiving skills
Year 5	Athletics Endurance running Cardiovascular fitness Muscular endurance	Invasion Games Football	Invasion Games Basketball	Swimming And water safety	Swimming And water safety	Swimming And water safety
	Gymnastics Extend range of skills and create more complex sequences	Dance Create a dance based on the Highway Man	OAA Challenge and Trust activities in small groups	Tennis Developing tactics and strategies	Athletics Range of jumps and comparing scores	Cricket Range of skills looking at accuracy and control
Year 6	OAA Orienteering	Athletics Endurance running Cardiovascular fitness Muscular endurance	Netball Principles of attack and defence	Athletics Apply principles and techniques in running, jumping and throwing	Rounders Apply principles and techniques of striking and fielding in competitive small sided games	Cricket Apply principles and techniques of striking and fielding in competitive small sided games
	Gymnastics Sequences on floor and apparatus with fluency and control	Dance Collaborate with a small group to create a dance based on the haka	Invasion Games Football	Creative gymnastics	Tennis Applying tactics and strategies	Tennis Applying tactics and strategies

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