

St George's Central CE Primary School and Nursery

Subject Overview for Physical Education 2025-2027

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2-3 year olds	What can I do with my body? Outdoor physical play daily including apparatus and climbing. Physical and mindfulness sessions incorporating music and movement. Field play/ and early orienteering in summer.					
3-4 year olds	What can I do with my body? Outdoor physical play daily. Indoor hall sessions daily throughout the year incorporating music and movement, gymnastics, mindfulness and apparatus skills. Field athletics and early orienteering in summer.					
R	Gymnastics: How do I travel in different ways? Dance: How do I move to a beat? Games: How do I use my body to play different games? Mindfulness: How do I stay calm?					
Y1/2	Personal What happens if I don't succeed?	Social How might I encourage others?	Cognitive How might I order movement and skills?	Creative How do I compare and develop?	Physical How might I perform a sequence?	Health and Fitness How do I exercise safely?
	Multi-Skills What is meant by balance and coordination?	Ball Skills What is the best way to throw and catch?	Multi-Skills How can I change the way I travel?	Ball Skills Have you seen my moving and passing skills?	Athletics/Orienteering How do we go for gold?	
Y3/4	Personal How do I show responsibility?	Social What does it mean to work as a team?	Cognitive/ Orienteering How might I explain simple decisions?	Creative How might I change the way I respond?	Physical How do I perform with control?	Health and Fitness Why does our body change during exercise?
	Ball Skills How many ways can you throw and catch?	Striking and Fielding Which sports involve striking a ball?	Invasion Games What does it take to win?	Swimming What is the importance of being able to swim? How do I swim using ranges of strokes? What makes a confident/ competent swimmer? How can we be safe in the water?		
Y5/6	Personal How do I embrace challenge?	Social How do I organise and guide others?	Cognitive How do I judge effectively?	Creative How do I refine a performance?	Physical How can I link movements with quality?	Health and Fitness How do I stay healthy?
	Invasion Games What are the best ways to defend?	Invasion Games Why is Lionel Messi such a great attacker?	Invasion Games What is 'reading a game' and why is it so important?	Ball Skills Does practise make perfect?	Athletics/Orienteering How do I achieve my personal best? How do I navigate my environment successfully?	
Mindfulness	How do we stay mindful? All year groups participate in one mindfulness session per half term with a class-specific focus built around mental health and wellbeing.					
ATSA competitions	<ul style="list-style-type: none">Y3/4 FutsalKS2 Cross Country	<ul style="list-style-type: none">KS2 KurlingY5/6 BasketballKS2 'Strictly School' Dance	<ul style="list-style-type: none">KS2 Football LeagueAccess to Success BocciaY5/6 DodgeballKS1 Kurling	<ul style="list-style-type: none">KS2 Cross CountryKS2 Swimming GalaKS2 DanceY5/6 Orienteering	<ul style="list-style-type: none">KS2 Water PoloGirls' Football CupY5/6 RoundersAccess to Success Multi-SkillsKS2 Netball leagueY5/6 Flag American Football	<ul style="list-style-type: none">KS2 Football CupAccess to Success KurlingY5/6 Cycle SpeedwayKS2 Kwik CricketY5/6 Tri-Kidz ChallengeKS1 DanceKS2 Tag RugbyY3/4 RoundersKS2 Tennis

'Never settle for less than your best'