Physical Education – Whole School Overview 2026/27
Based on 2 hours per week Physical Education (AM and PM Lesson)

Year group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	1 (AM)	**Football** Invasion Games	**Hockey** Invasion Games	**Tag Rugby** Invasion Games	Netball Net and wall games	**Tennis** Net and wall games	**Athletics and Sports Day Prep** Track and field/ OAA
	2 (PM)	**Outdoor Adventure** Team Building	**Dance** Royal Ballet / Opera Scheme	**Yoga** Health and Fitness	**Gymnastics** Balance and agility (different levels)	**Ultimate Frisbee** Invasion Games	**Rounders and Cricket** Striking and Fielding
4	1 (AM)	**Football** Invasion Games	**Hockey** Invasion Games	**Tag Rugby** Invasion Games	Netball Net and wall games	**Tennis** Net and wall games	**Athletics and Sports Day Prep** Track and field/ OAA
	2 (PM)	**Outdoor Adventure** Team Building	**Dance** Royal Ballet / Opera Scheme	**Yoga** Health and Fitness	**Gymnastics** Balance and agility (different levels)	**Ultimate Frisbee** Invasion Games	**Rounders and Cricket** Striking and Fielding
5	1 (AM)	**Football** Invasion Games	**Hockey** Invasion Games	**Tag Rugby** Invasion Games	Netball Net and wall games	**Tennis** Net and wall games	**Athletics and Sports Day Prep** Track and field/ OAA
	2 (PM)	**Outdoor Adventure** Team Building	**Dance** Royal Ballet / Opera Scheme	**Yoga** Health and Fitness	**Gymnastics** Balance and agility (different levels)	**Ultimate Frisbee** Invasion Games	**Rounders and Cricket** Striking and Fielding
6	1 (AM)	**Football** Invasion Games	**Hockey** Invasion Games	**Tag Rugby** Invasion Games	Netball Net and wall games	**Tennis** Net and wall games	**Athletics and Sports Day Prep** Track and field/ OAA
	2 (PM)	**Outdoor Adventure** Team Building	**Dance** Royal Ballet / Opera Scheme	**Yoga** Health and Fitness	**Gymnastics** Balance and agility (different levels)	**Swimming/ Ultimate Frisbee** Invasion Games	**Rounders and Cricket** Striking and Fielding

The last week of every half term (end of each scheme of work) we will have inter-school competition across each year group for the main invasive game we have done in PE for that half term.

Acquiring and developing skills

1. Pupils should be taught to:

a) Consolidate their existing skills and gain new ones.
b) Perform actions and skills with more consistent control and quality.

2. Selecting and applying skills, tactics and compositional ideas - Pupils should be taught to:

a) Plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities.
b) Develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness.
c) Apply rules and conventions for different activities.

3. Evaluating and improving performance - Pupils should be taught to:

a) Identify what makes a performance effective.
b) Suggest improvements based on this information.

4. Knowledge and understanding of fitness and health - Pupils should be taught:

a) How exercise affects the body in the short term.
b) To warm up and prepare appropriately for different activities.
c) Why physical activity is good for their health and well-being.
d) Why wearing appropriate clothing and being hygienic is good for their health and safety.

5. During the key stage, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

a) Dance activities.
b) Games activities.
c) Gymnastic activities.

and at least two activity areas from:

d) Swimming activities and water safety.
e) Athletic activities.
f) Outdoor and adventurous activities.

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