Holy Trinity CEP School Dartford - Curriculum Overview – PE 2026-7

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	***Manipulation and Coordination 1*** *To coordinate similar objects in a variety of ways.*	***Body Management 1*** *To explore balance and managing own body.* ***Gymnastics Unit 1*** *To develop confidence in fundamental movements.*	***Body Management 2*** *To explore a variety of rolling, sliding, etc.* ***Gymnastics Unit 2*** *To further develop confidence in fundamental movements and learn and refine a variety of shapes, jumps, balances and rolls.*	***Manipulation and Coordination 2*** *To send and receive a variety of objects with different body parts.* ***Dance Unit 1*** *To count and move to beats of 8 individually, with a partner or in a group.*	***Cooperate and Solve Problems 1*** *To organise and match items, colours, symbols as a team.* ***Speed Agility Travel 1*** *To change direction at speed through both choice and instructions.*	***Speed Agility Travel 2*** *To participate in a variety of agility-based activities.* ***Cooperate and Solve Problems 2*** *To continue to work in teams and solve more complex tasks.*
Year 1	***Send and Return 1*** *To be able to send an object with increased confidence using a hand or bat.* ***OAA*** *To use thinking skills to solve more challenging problems as an individual.*	***Hit Catch Run 1*** *To be able to hit, throw and catch objects with a hand or bat.* ***Send and Return 2*** *To develop sending skills with a variety of ball.*	***Attack Defend Shoot 1*** *To practise basic movements and engage in competitions.* ***Dance Unit 1*** *To respond to a range of stimuli and types of music.*	***Attack Defend Shoot 2*** *To recognise rules and apply them within game situations.* ***Gymnastics Unit 1*** *To use simple gymnastics actions and shapes.*	***Run Jump Throw 1*** *To begin to link running and jumping and develop throwing.* ***Hit Catch Run 2*** *To develop sending and receiving skills to benefit fielding as a team.*	***Run Jump Throw 2*** *To increase stamina and core strength during complex tasks.* ***Commonwealth Games*** *To learn and compete in some unusual activities.*
Year 2	***Attack Defend Shoot 1*** *To send a ball using feet and can receive a ball using feet.* ***OAA*** *To work as a team to complete a task.*	***Attack Defend Shoot 2*** *To select and apply a small range of simple tactics in game situations.* ***Dance*** *To describe and explain how performers can*	***Hit Catch Run 1*** *To develop hitting skills with a variety of bats, as well as bowling and feeding skills.* ***Gymnastics Unit 1*** *To describe and explain how performers can*	***Hit Catch Run 2*** *To work on a variety of ways to score runs in the different hit, catch and run games.* ***Send and Return 1*** *To be able to track the path of a ball over a*	***Run Jump Throw 1*** *To throw and handle a variety of objects; to show increased control with obstacles.* ***Send and Return 2***	***Run Jump Throw 2*** *To improve running and jumping movements over sustained periods of time.* ***KS2 Golf***

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		transition from shapes and balances and apply this to music.	*transition and link elements .*	*net and move towards it.*	*To be able to make it difficult for opponents to score a point.*	*To transfer skills to handle clubs and strike with consistency and accuracy, playing in a variety of modified golf games with others.*
Year 3	***Football*** *To be able to show basic control skills and implement the basic rules of football.* ***Gymnastics Unit 1*** *To modify actions using different pathways, directions and shapes.*	***Handball*** *To be able to show basic passing and catching skills, implementing the rules of handball within games.* ***OAA*** *To work with others to solve problems using different strategies.*	***Basketball*** *To perform some basic basketball skills – throwing, catching, dribbling – whilst applying these in a simple game with rules.* ***Tag Rugby*** *To handle a rugby ball with confidence, evading attackers and using body control.*	***Netball*** *To perform basic netball skills such as a pass and catch using throws, applying rules of netball to games.* ***Tennis*** *To identify and describe some rules of tennis, exploring the forehand hit and serve.*	***Athletics*** *To control movement in response to instructions, demonstrating agility, speed, power, height and distance.* ***Dance Unit 2*** *To practise and put together a performance; performing with facial expressions and props.*	***Rounders*** *To be able to play simple rounders game with some rules and skills.* ***Cricket*** *To adhere to some basic rules or cricket, developing a range of skills to use in isolation.*
Year 4	***Football*** *To introduce some defensive skills and dribbling in different directions, passing for distance.* ***Cricket*** *To develop and apply a range of skills in a competitive context.*	***Basketball*** *To increase confidence and selection of basic skills such as dribbling, throwing and shooting in small games.* ***Dodgeball*** *To increase confidence in a range of throwing, catching, blocking and dodging skills whilst,*	***Tag Rugby*** *To consistently perform basic tag rugby skills, implementing and developing* ***Gymnastics*** *To become increasingly competent and confident in performing skills more consistency.*	***OAA*** *To work well in teams or groups, applying the use of compasses, maps and symbols in problem-solving situations.* ***Dance*** *To work to include freeze frames in routines, practising and performing a*	***Athletics*** *To investigate ways of performing running, jumping and throwing activities, applying the use of measuring and time to compare styles.* ***Rounders*** *To develop a range of skills in a competitive context.*	***Netball*** *To introduce High5 netball position, acquiring skills and techniques in game situations.* ***Tennis*** *To explore forehand and backhand shots, working towards a rally with a partner*

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		developing team tactics.		*variety of formations in dance.*		
Year 5	***Basketball*** *To use strength, agility and coordination when defending, increasing power and strength of passes, moving the ball in different situations.* ***Tennis*** *To introduce volley and overhead shots, applying this to game situations.* ***Swimming***	***Tag Rugby*** *To combine basic skills into one movement, selecting and applying more complex skills in games.* ***OAA*** *To explore ways of communication in a range of challenging activities.* ***Swimming***	***Hockey*** *To combine skills, selecting and applying these in games.* ***Gymnastics*** *To create longer and more complex sequences and adapt performances.* ***Swimming***	***Football*** *To play effectively in a variety of positions and formations, performing movements at speed and applying tactics.* ***Dance*** *To perform different styles of dance fluently and clearly, using space, rhythm and expression.* ***Swimming***	***Athletics*** *To sustain pace over a short and longer distance; run as part of a relay team; perform a range of jumps and throws.* ***Cricket*** *To link a range of skills together, collaborating with a team to choose, use and adapt rules in games.* ***Swimming***	***Rounders*** *To link together a range of skills, collaborating with a team in games.* ***Netball*** *To make choices about which pass to use and where to shoot from, implementing tactics to get into free space.* ***Swimming***
Year 6	***Tag Rugby*** *To choose and implement a range of strategies and tactics to attack and defend in competitive situations.* ***Football*** *To choose and implement a range of strategies to attack and defend, performing a wider range of more complex skills*	***Badminton*** *To develop a wider range of shots, using more tactics and playing with fluency.* ***Basketball*** *To apply strategies to play offensively and defensively, grasping more technical aspects of the game.*	***Hockey*** *To choose and implement a range of strategies and tactics, applying more complex skills at increased speed.* ***Gymnastics*** *To experience flight on and off high apparatus; to develop and perform confident formations in a rhythmic style sequence.*	***Tennis*** *To develop backhand shots and lobs, using tactics to improve.* ***Netball*** *To choose and implement a range of strategies to attack and defend in more complex manners.*	***Athletics*** *To apply strength and flexibility to throwing, running and jumping.* ***Cricket*** *To apply cricket rules in a variety of styles of games, attempting a small range of recognised shots and using tactics in a range of positions.*	***Rounders*** *To apply rounders rules and tactics consistently, playing small-sided standard games.* ***OAA*** *To use information given by others to complete tasks and work collaboratively through more complex tasks.*