

Baydon St Nicholas PE Curriculum Overview 2026-2027

2026-2027	Term1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS/Yr 1 Robins	Ball Skills 1 Can I dribble a ball with my hand? Can I explore accuracy when rolling a ball? Can I explore throwing with accuracy towards a target? Can I explore catching with two hands? Can I explore dribbling a ball with my feet? Can I explore tracking a ball that is coming towards me? Gymnastics Can I develop and combine travelling movements? Can I develop quality when linking shapes? Can I develop stability and control when performing balances? Can I develop technique and control when performing shape jumps? Can I develop technique in the barrel, straight and forward roll? Can I develop rolls and use them in a sequence? Can I link gymnastic actions to create a sequence?	Fundamentals Can I change direction when moving at speed? Can I recognize changes in my body when I exercise? Can I run at different speeds? Can I select my own actions in response to a task? Can I show hopping and jumping movements? Can I show balance and co-ordination when static and moving? Invasion Games Can I understand the role of the attackers and defenders? Can I recognise who to pass to and why? Can I move towards a goal with a ball? Can I support my team mates when playing in attack?	Team Building Can I follow instructions and work with others? Can I co-operate and communicate in a small group to solve challenges? Can I create a plan with a group to solve challenges? Can I use teamwork skills to work as a group to solve? Dance Invasion Games Can I use counts? Can I copy, remember and repeat actions? Can I move confidently and safely? Can I use different body parts together and in isolation? Can I use appropriate movements for my ideas? Can I say what I liked about someone else's performance?	Sending and Receiving Can I roll a ball to a target? Can I track and receive a rolling ball? Can I send and receive a ball with my feet? Can I develop my throwing and catching skills? Can I send and receive a ball using a racket? Yoga Can I explore yoga and mindfulness? Can I copy and remember poses? Can I develop flexibility when holding poses? Can I develop balance whilst holding poses? Can I create yoga poses using a hoop? Can I create a yoga flow with a partner?	Striking and Fielding Can I develop under arm throwing and catching? Can I develop over arm throwing? Can I develop hitting a ball? Can I develop collecting a ball? Can I understand the rules of a game and use these to play fairly? Target Games Can I consider power when aiming at a target? Can I develop striking to a target? Can I develop hitting a moving target? Can I select and apply a skill to a target game?	Athletics Can I develop a sprinting technique? Can I develop jumping for distance? Can I develop jumping for height? Can I develop throwing for distance? Can I develop throwing for accuracy? Fitness Can I run for a long time? Can I develop jumping using timing? Can I develop co-ordination? Can I develop stamina and change direction? Can I develop exercises to develop strength? Can I develop agility and balance

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SWIFTS Year 2/3	Fundamentals Can I develop dribbling skills with hands and feet? Can I develop tracking and catching skills? Can I develop tracking and throwing skills? Can I develop tracking and kicking skills? Can I track a ball that isn't directly sent to me? Can I apply skills in games?	Fitness Can I understand how balance helps me in everyday life? Can I understand how co-ordination helps me in everyday life? Can I understand how stamina helps me in everyday life? Can I understand how speed helps me in everyday life? Can I understand how agility helps me in everyday life?	Gymnastics Can I create interesting balances? Can I develop stepping into shape jumps with control? Can I develop straight, barrel and forward rolls? Can I include rolls in sequence work? Can I transition smoothly into and out of balances? Hockey Can I send and receive with some control? Can I move safely and with control when dribbling? Can I develop my decision making when I am in attack? Can I understand the role of the defender? Can I apply rules, skills and principles in my game play?	OOA Can I give and follow instructions? Can I develop my map reading skills? Can I develop trust and teamwork? Can I identify objects, draw and follow a simple map? Dance Can I copy and repeat a dance phrase? Can I choreograph simple phrases individually and with others? Can I use counts to keep in time with a partner or group? Can I use dynamic and expressive qualities in relation to an idea? Can I work with a partner and in a small group sharing ideas? Can I use key words to give feedback?	Tennis Can I develop racket and ball control? Can I explore rallying using a forehand? Can I explore returning the ball using a forehand? Can I explore returning the ball using a backhand? Can I score and use simple rules in a game? Cricket Can I bowl a ball towards a target? Can I strike a bowled ball after a bounce? Can I give feedback using key words? Can I use underarm and overarm throwing and catching skills? Can I understand tactics and begin to use them in a game situation?	Athletics Can I develop the sprinting technique? Can I develop changeovers in relay events? Can I develop my jumping technique in a range of approaches and take off positions? Can I develop throwing for distance and accuracy? Can I develop throwing for distance in a pull throw? Yoga Can I explore poses that challenge my balance? Can I create a flow using poses that challenge my balance? Can I explore poses that challenge my flexibility? Can I create a flow using poses that challenge my flexibility? Can I explore poses that challenge my strength? Can I create a flow using poses that challenge my strength?
	Football Can I develop the skill of dribbling? Can I develop changing direction and speed when dribbling? Can I develop passing skills? Can I apply attacking skills when moving to a goal? Can I use defending skills to delay an opponent?	Netball Can I use simple tactics? Can I learn and apply some of the rules of the game? Can I move into space and communication? Can I defend an opponent and try to win the ball? Can I pass, receive and shoot the ball with control?				

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Firecrests and Owls (Years 4/5/6)	Football Can I develop ways to move with the ball? Can I send and receive under pressure? Can I communicate with my team, move into space and take the ball towards a goal? Can I use defensive techniques to win possession? Can I apply defending tactics as a team?	Fitness Can I improve my speed? Can I understand how strength helps me? Can I understand how agility helps me? Can I understand how balance helps me? Can I understand how co-ordination helps me? Can I understand how stamina helps me?	Tennis Can I return the ball using a forehand groundstroke under pressure? Can I return the ball using a backhand groundstroke under pressure? Can I use a variety of shots to keep a continuous rally? Can I develop the volley and understand when to use it?	Gymnastics Can I perform symmetrical and asymmetrical balances? Can I develop straight, forward, straddle and backwards rolls? Can I use cannon, synchronisation and mirroring? Can I give feedback to improve my work? Can I use strength and flexibility to improve the quality of a performance?	OOA Can I develop and negotiate negotiation skills? Can I develop strong communication skills to solve challenges? Can I develop planning and problem solving skills? Can I share ideas and work as a team? Can I develop navigation and map reading? Can I create and follow a key and a route on a map?	Rounders Can I successfully strike the ball with the bat? Can I develop my fielding skills and am I beginning to use them under some pressure? Can I work co-operatively with others to manage a game situation? Can I understand the need for tactics and identify when to use them in different situations?
	Basketball Can I develop ways to ways to move the ball and apply them to different situations? Can I develop movement skills to lose a defender in different situations? Can I communicate with my team, move into space and take the ball towards the goal? Can I defend an opponent and know when to try to intercept? Can I develop shooting and	Netball Can I use simple tactics? Can I learn and apply some of the rules of the game? Can I move into space and communication? Can I defend an opponent and try to win the ball? Can I pass, receive and shoot the ball with control?	Hockey Can I use attacking skills to beat a defender? Can I send and receive under pressure? Can I communicate with my team, move into space and take the ball towards the goal? Can I learn defensive techniques to gain possession? Can I use defending tactics to gain possession? Can I apply rules, skills and principles in my game play?	Yoga Can I understand how breath can help me hold and move from pose to pose? Can I identify and use balance when exploring poses and creating a flow? Can I identify and use strength when exploring poses and creating flow? Can I create and refine a flow with a partner?	Dance Can I copy and repeat choreography? Can I choreograph simple phrases individually and with others? Can I show a good sense of timing? Can I refine the way I use actions, dynamics and space in response to a stimulus? Can I use key terminology to refine my work and others?	Athletics Can I understand pace and apply different speeds over varying distances? Can I develop fluency and co-ordination when running for speed? Can I develop technique in relay changeovers? Can I build up power and momentum when jumping? Can I develop throwing with force for greater distance?

