

| Purple = Teacher taught Green = Provider taught | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|---|--|--|---|--|
| Reception | Fundamentals: Evasion Games Progression Focus area: Running and Jumping | OAA/Orienteering: Topic Linked Problem Solving | Gymnastics Progression Focus area: Travel Balance, Strength and Evaluate. | Fundamentals: Team Games Progression Focus Area: attacking and defending | Athletics Progression Focus area: Running, Jumping, Throwing and Catching | Fundamentals: Ball Games Progression Focus area: Running, Jumping, Throwing, Catching, Traveling and Passing |
| | Fundamentals: Target Games Progression Focus area: Throwing and Catching | Dance: Tradition Topic Linked Progression Focus area: General, Performance and Evaluation | Gymnastics Progression Focus area: Roll, Jump and Evaluate. | Fundamentals: Ball skills Progression Focus Area: Traveling and passing | Fundamentals: Dodgeball Progression Focus area: Running, Jumping, Throwing and Catching | Fundamentals: Ball Games Progression Focus area: Running, Throwing, Catching, Traveling and Passing |
| Year 1 | Fundamentals: Invasion Games Progression Focus area: Running attacking and defending. | OAA/Orienteering: Tradition Topic Linked Problem Solving | Gymnastics Progression Focus area: Travel Balance, Strength and Evaluate. | Striking and Feilding Games Progression Focus Area: Running, Jumping, Throwing and Catching | Athletics Progression Focus area: Running, Jumping, Throwing and Catching | Dodgeball Progression Focus area: Running, Jumping, Throwing and Catching |
| | Fundamentals: Invasion Games Progression Focus area: Throwing Catching and Space. | Dance: Childhood Toys Topic Linked Progression Focus area: General, Performance and Evaluation | Gymnastics Progression Focus area: Roll, Jump Vault and Evaluate. | Fundamentals: Ball skills Progression Focus Area: Traveling, passing, attacking and defending. | Growth Allocation Hours | Tag Games Progression Focus area: Running, Throwing, Catching, Traveling and Passing. |
| Year 2 | Fundamentals: Invasion Games Progression Focus area: Running attacking and defending. | OAA/Orienteering: Topic Linked Problem Solving | Gymnastics Progression Focus area: Travel Balance, Strength and Evaluate. | Striking and Feilding Games Progression Focus Area: Running, Jumping, Throwing and Catching | Athletics Progression Focus area: Running, Jumping, Throwing and Catching | Dodgeball Progression Focus area: Running, Jumping, Throwing and Catching |
| | Fundamentals: Invasion Games Progression Focus area: Throwing Catching and Space. | Dance: Bright Lights Big City - Great Fire of London Topic Linked Progression Focus area: General, Performance and Evaluation | Gymnastics Progression Focus area: Roll, Jump Vault and Evaluate. | Football Progression Focus Area: Traveling and passing | Athletics Progression Focus area: Running, Jumping, Throwing and Catching | Tag Games Progression Focus area: Running, Throwing, Catching, Traveling and Passing. Swimming: Water confidence |
| Year 3 | Handball Progression Focus area: Throwing Catching, Jumping, Space, travelling possession attacking and defending. | OAA/Orienteering: Topic Linked Problem Solving | Gymnastics Progression Focus area: Roll, Jump Vault and Evaluate | Football Progression Focus Area: Traveling, passing attacking, and defending. | Athletics Progression Focus area: Running, Jumping, Throwing, Catching, performance and Evaluation. | Rounders Progression Focus Area: Striking and Fielding, Throwing, Catching and Tactics. |
| | Netball Progression Focus area: Throwing Catching, Jumping, Space, travelling possession attacking and defending. | Dance: Through the Ages - Stone Age Topic Linked Progression Focus area: General, Performance and Evaluation | Gymnastics Progression Focus area: Travel Balance, Strength, Evaluate Swimming: NCCSSA stages | Tag Rugby Progression Focus Area: Traveling, passing attacking, and defending. Swimming: NCCSSA stages | Hockey Progression Focus Area: Traveling, Passing, Possession, Space, Tactics, Defending and attacking. | Tennis Progression Focus Area: Striking, Space, Performance, Evaluation and Tactics. |
| Year 4 | Dodgeball Progression Focus area: Throwing Catching, Jumping, Space, travelling possession attacking and defending. | OAA/Orienteering: Topic Linked Problem Solving | Gymnastics Progression Focus area: Travel Balance, Strength, Evaluate | Football Progression Focus Area: Dribbling and attacking | Athletics Progression Focus area: Running, Jumping, Throwing, Catching, performance and Evaluation. | Cricket Progression Focus Area: Striking and Fielding, Throwing, Catching and Tactics. |
| | Basketball Progression Focus area: Throwing Catching, Jumping, Space, travelling possession attacking and defending. | Dance: Ancient Civilisation Topic Linked Progression Focus area: General, Performance and Evaluation | Gymnastics Progression Focus area: Roll, Jump Vault and Evaluate. Swimming: NCCSSA stages | Tag Rugby Progression Focus Area: Traveling, passing attacking, and defending. Swimming: NCCSSA stages | Lacrosse Progression Focus Area: Traveling, Passing, Possession, Space, Tactics, Defending and attacking. | Tennis Progression Focus Area: Striking, Space, Performance, Evaluation and Tactics. |
| Year 5 | Netball Progression Focus area: Throwing Catching, Jumping, Space, travelling possession attacking and defending. | Gymnastics; Progression Focus area: Travel Balance, Strength, Evaluate Roll, Jump Vault and Evaluate. | Dance: Waste Not Want Not - Eco Warrior Topic Linked Progression Focus area: General, Performance and Evaluation | Hockey Progression Focus Area: Traveling, Passing, Possession, Space, Tactics, Defending and attacking. | Athletics Progression Focus area: Running, Jumping, Throwing, Catching, performance and Evaluation. | Rounders Progression Focus Area: Striking and Fielding, Throwing, Catching and Tactics. |
| | Growth Allocation Hours | Growth Allocation Hours | Growth Allocation Hours | Growth Allocation Hours | Football Progression Focus Area: Traveling, passing attacking, and defending. Swimming: NCCSSA stages | Growth Allocation Hours Swimming: NCCSSA stages |
| Year 6 | Basketball/Handball Progression Focus area: Throwing Catching, Jumping, Space, travelling possession attacking and defending and shooting | Gymnastics Progression Focus area: Travel Balance, Strength, Evaluate Roll, Jump Vault and Evaluate. | Dance: It's Our World - Climate Change Topic Link Progression Focus area: General, Performance and Evaluation | Tag Rugby Progression Focus Area: Traveling, passing attacking, and defending. | Athletics Progression Focus area: Running, Jumping, Throwing, Catching, performance and Evaluation. | Cricket Progression Focus Area: Striking and Fielding, Throwing, Catching and Tactics. |
| | Growth Allocation Hours | Growth Allocation Hours | Growth Allocation Hours | Growth Allocation Hours | Swimming: NCCSSA stages Lacrosse Progression Focus Area: Traveling, Passing, Possession, Space, Tactics, Defending and attacking. | Growth Allocation Hours Swimming: NCCSSA stages |

PE and Sport Curriculum Overview 2025-26