

KS1

Indoor: Gymnastics /
Dance

Outdoor: Balls games

Gymnastics

- Explore basic gymnastic actions including travelling, jumping, rolling and balancing
- Develop control, coordination and body awareness
- Link simple movements into short sequences
- Use space and simple apparatus safely
- Perform sequences and identify simple ways to improve

Dance

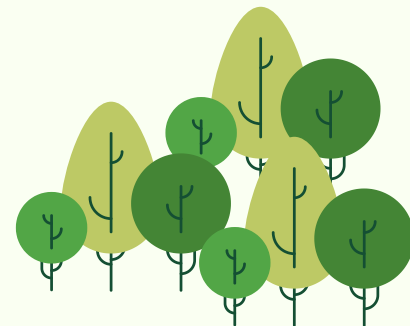
- Explore basic actions: travel, jump, turn, balance
- Move at different levels (high, medium, low)
- Copy and remember short movement phrases
- Perform dances individually and with a partner
- Use movement to express ideas, moods, and simple characters
- Move in time to music
- Watch others and say what they liked about a dance



Fitness

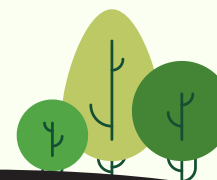
- Take part in physical activity with enjoyment and increasing confidence
- Perform simple activities that develop strength, balance, flexibility and stamina
- Recognise basic changes in the body during exercise, such as feeling warm or breathing faster
- Understand the importance of being active and following simple safety rules

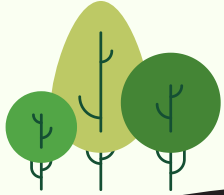
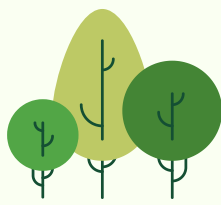
PE ROAD MAP



Ball games

- Develop basic ball skills including throwing, catching, rolling, kicking and striking
- Begin to control a ball using hands and feet
- Play simple games following basic rules
- Work individually and with a partner, showing awareness of others





Dance

- Use a wider range of actions and dynamic qualities (speed, strength, flow)
- Combine actions into longer, more fluent sequences
- Develop movements using canon, unison, and repetition
- Work effectively in pairs and small groups
- Respond creatively to different stimuli (music, themes, cultures)
- Perform with improved control, timing, and expression
- Compare dances and suggest ways to improve
- Apply feedback to refine their own work



Gymnastics

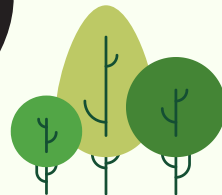
- Perform a wider range of actions with improved control and fluency
- Create longer sequences with changes in level, direction and speed
- Use apparatus confidently and work collaboratively
- Evaluate performances and apply feedback to improve

Ball games Invasion Games

- Develop passing, receiving and dribbling skills with control
- Begin to use simple attacking and defending tactics
- Understand the importance of space and teamwork
- Net/Wall Games
- Send and receive a ball using simple forehand and underarm actions
- Develop consistency and control over a net or against a wall
- Play simple rallies and follow basic rules
- Striking & Fielding Games
- Strike a stationary or moving ball with increasing accuracy
- Develop basic throwing and catching when fielding
- Understand simple roles of batter and fielder

Fitness

- Understand the importance of physical activity for health and wellbeing**
- Perform activities that improve strength, balance, flexibility and stamina**
- Recognise changes in the body during exercise, including increased heart rate and breathing**
- Follow simple fitness routines safely and with effort**



Dance

- Perform complex movement sequences with control and precision
- Use actions, space, dynamics, and relationships intentionally
- Create dances with clear structure and artistic intent
- Use formations, transitions, and pathways effectively
- Perform with strong projection, focus, and expression
- Adapt dances for different audiences or purposes
- Evaluate performances using dance vocabulary
- Refine choreography independently and collaboratively

UKS2

Ball games

Invasion Games

- Perform a range of passing, dribbling and shooting skills with accuracy
- Apply attacking and defending strategies in game situations
- Make effective decisions to support team play

Net/Wall Games

- Use a range of shots to place the ball and maintain rallies
- Demonstrate control, accuracy and anticipation
- Apply tactics to outwit an opponent

Striking & Fielding Games

- Strike the ball with power and control into space
- Use effective throwing, catching and fielding techniques
- Apply simple tactics and rules within competitive games

Gymnastics

- Perform complex movements with precision, strength and control
- Create structured sequences showing creativity and fluency
- Use apparatus purposefully and adapt movements
- Analyse and refine performances using gymnastic vocabulary

Fitness

- Understand how regular exercise contributes to a healthy lifestyle
- Perform a range of activities to improve strength, flexibility and cardiovascular fitness
- Monitor physical responses to exercise and pace activities effectively
- Show determination and resilience when completing fitness challenges

INSPIRED BY CHRIST



Serve one another in Love

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