



Whole School Overview 2025-26

Term	<u>Autumn 1</u> <u>8 weeks</u>	<u>Autumn 2</u> <u>7 weeks</u>	<u>Spring 1</u> <u>6 Weeks</u>	<u>Spring 2</u> <u>6 weeks</u>	<u>Summer 1</u> <u>5 Weeks</u>	<u>Summer 2</u> <u>6 Weeks</u>
Reception	Fundamentals – unit 1 F.M.S <u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making	Fundamentals – unit 2 F.M.S <u>Key skills:</u> Physical: hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running Social: working safely, responsibility, working with others Emotional: managing emotions, challenging myself Thinking: selecting and applying actions	Ball skills – Unit 1 Games <u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making	Ball skills – unit 2 Games Key skills: Physical: rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, sharing and taking turns Emotional: determination Thinking: using tactics, decision making	Dance -Anna James <u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience	Gymnastics – unit 2 Body Management Key skills: Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Social: leadership, taking turns, helping others Emotional: determination Thinking: selecting and applying skills, creating sequences



Whole School Overview 2025-26

Year 1	Fundamentals F.M.S	Sending and receiving Games	Striking and Fielding Games	Dance -Anna James	Athletics F.M.S	Gymnastics Body Management
	<u>Key Skills:</u> Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping Social: taking turns, supporting and encouraging others, working safely, communication Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying, identifying strengths, listening and following instructions	<u>Key Skills:</u> Physical: rolling, kicking, throwing, catching, tracking Social: taking turns, supporting and encouraging others, respect, communication Emotional: challenging myself, perseverance, honesty, being happy to succeed Thinking: transferring skills	<u>Key Skills:</u> Physical: throwing, catching, retrieving a ball, tracking a ball, striking a ball Social: communication, supporting and encouraging others, consideration of others Emotional: perseverance, honesty and fair play Thinking: using tactics, selecting and applying skills, decision making	<u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience	<u>Key Skills:</u> Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, honesty and playing to the rules, determination Thinking: exploring ideas	<u>Key Skills:</u> Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions Social: sharing, working safely Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions



Whole School Overview 2025-26

Year 2	Dance -Anna James <u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience Ball skills Games Key skills: Physical: roll, track, dribble with feet, kick, throw, catch, dribble with hands Social: inclusion, communication, collaboration, leadership Emotional: independence, honesty, perseverance, determination Thinking: comprehension, select and apply skills, use tactics	Net and Wall games Games <u>Key skills:</u> Physical: throwing, catching, racket skills, ready position, hitting a ball Social: support, co-operation, respect, communication Emotional: perseverance, honesty Thinking: decision making, reflection, comprehension, selecting and applying Dance -Anna James <u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience	Invasion Games Games <u>Key Skills</u> Physical: dribble, throw, catch, kick, receive, run, jump, change direction, change speed Social: communication, kindness, support others, co-operation, respect, collaborate Emotional: empathy, perseverance, honesty, integrity, independence Thinking: creativity, select and apply, comprehension, problem solving, provide feedback Dance -Anna James <u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience	Athletics F.M.S <u>Key skills:</u> Physical: running at different speeds, jumping for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, determination Thinking: observing and providing feedback, exploring ideas	Dance -Anna James <u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience	Striking and Fielding Games <u>Key skills:</u> Physical: throwing and catching, tracking a ball, bowling, batting Social: communication, collaboration Emotional: honesty, acceptance, controlling emotions Thinking: select and apply, using tactics, decision making Dance -Anna James <u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience



Whole School Overview 2025-26

Year 3	OAA	Dance - Anna James	Football Games	Dance - Anna James	Athletics F.M.S	Dance -Anna James
	<u>Key skills:</u> Physical: balance, running	<u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.	<u>Key skills:</u> Physical: dribbling, passing, ball control, tracking/ jockeying, turning, receiving	<u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.	<u>Key skills:</u> Physical: sprinting, jumping for distance, push and pull throwing for distance	<u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.
	Social: communication, teamwork, trust, inclusion, listening		Social: communication, collaboration, cooperation	To perform in front of a larger audience	Social: working collaboratively, working safely	To perform in front of a larger audience
	Emotional: confidence	To perform in front of a larger audience	Emotional: honesty, perseverance		Emotional: perseverance, determination	
	Thinking: planning, map reading, decision making, problem solving		Thinking: selecting and applying tactics, decision making		Thinking: observing and providing feedback	



Whole School Overview 2025-26

Year 4	Whole School Overview 2025-26					
	Dance - Anna James	Tag Rugby Games	Dance - Anna James	Athletics F.M.S	Gymnastics Body Management	OAA
	<u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience	<u>Key skills:</u> Physical: passing, catching, dodging, tagging, scoring Social: communication, collaboration, inclusion Emotional: honesty and fair play, perseverance, confidence Thinking: planning strategies and using tactics, observing and providing feedback	<u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience Rounders Games <u>Key skills:</u> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting Social: collaboration and communication, respect, supporting and encouraging others Emotional: honesty and fair play, confident to take risks, managing emotions Thinking: observing and providing feedback, using tactics, decision making	<u>Key skills:</u> Physical: pacing, sprinting technique, jumping for distance, throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback, exploring ideas	<u>Key Skills</u> Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand Social: work safely, determination, collaboration, communication, respect Emotional: confidence, perseverance Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve	<u>Key skills:</u> Physical: balance, dodging, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence, resilience, determination, honesty, integrity Thinking: planning, map reading, decision making, tactics, problem solving



Whole School Overview 2025-26

Year 5	Swimming Each child will receive half a year swimming at Ogden Waters.	Swimming Each child will receive half a year swimming at Ogden Waters.	Swimming Each child will receive half a year swimming at Ogden Waters.	Swimming Each child will receive half a year swimming at Ogden Waters.	Swimming Each child will receive half a year swimming at Ogden Waters.	Swimming Each child will receive half a year swimming at Ogden Waters.
	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.
	Use a range of strokes effectively (e.g. front crawl), backstroke	Use a range of strokes effectively (e.g. front crawl), backstroke	Use a range of strokes effectively (e.g. front crawl), backstroke	Use a range of strokes effectively (e.g. front crawl), backstroke	Use a range of strokes effectively (e.g. front crawl), backstroke	Use a range of strokes effectively (e.g. front crawl), backstroke
	Perform safe self-rescue	Perform safe self-rescue	Perform safe self-rescue	Perform safe self-rescue	Perform safe self-rescue	Perform safe self-rescue



Whole School Overview 2025-26

Year 6	Football Games	Volleyball Games	OAA	Athletics F.M.S	Rounders Games	Dance -Anna James
	<u>Key skills:</u> Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving Social: communication, collaboration, cooperation, respect Emotional: honesty, perseverance Thinking: selecting and applying tactics, decision making	<u>Key skills:</u> Physical: volley, set, dig, serve, ready position Social: communication, respect, supporting and encouraging others Emotional: confidence, perseverance, honesty Thinking: using tactics, selecting and applying skills, identifying strengths and areas for development	<u>Key skills:</u> Physical: stamina, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence Thinking: planning, map reading, decision making, problem solving	<u>Key skills:</u> Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance Social: negotiating, collaborating with others Emotional: perseverance, determination Thinking: observing and providing feedback	<u>Key skills:</u> Physical: throwing & catching, bowling, tracking, fielding & retrieving a ball, batting Social: organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others Emotional: honesty & fair play, confident to take risks, managing emotion Thinking: decision making, using tactics, identifying how to improve, selecting skills	<u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience