

PE Curriculum 2025/26

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	<p>Our intention in Years 1 and 2 is for the children to have multiple opportunities to become familiar with a range of PE equipment so their curiosity and interest levels begin to deepen. In well-planned and effectively delivered lessons, they will be given appropriate, well-pitched activities to ensure they make good progress in our 4 key drivers of fitness and diet, aesthetics, core strength and attack and defence. Good modelling and a positive attitude from staff towards physical activity will guarantee the children have a love for being outdoors, a love of being physically active and a love of sport, understanding that this also improves fitness, health and well-being.</p> <p><i>Where possible, teachers will adapt an activity within the unit to promote that sport is inclusive (yourschoolgames.com)</i></p>					
1	<p>Fitness Running - developing stamina and explosive running Benefits of exercise GS4PE - Fitness</p> <p>Aesthetics yoga - use of space, calmness</p>	<p>Aesthetics Balancing and jumping GS4PE - Fundamentals</p> <p>Aesthetics Dance Counts of 8 GS4PE - Dance W1-6</p>	<p>Core strength Team building GS4PE - Team building</p> <p>Core strength Gymnastics GS4PE - Gymnastics W1-6</p>	<p>Aesthetics Sending and receiving (underarm) toward partner/target GS4PE - Sending and receiving</p> <p>Aesthetics Ball skills - rolling, throwing GS4PE - Ball skills</p>	<p>Attack and Defence Target Games Explore multi skills with various balls GS4PE - Target games</p> <p>Fitness/Aesthetics Athletics GS4PE - Athletics</p>	<p>Attack and Defence Invasion Games What are the roles of attackers and defenders? GS4PE - Invasion games</p> <p>Aesthetics Striking and fielding throwing (eg sports with a bat, cricket, rounders) GS4PE - Striking and fielding</p>
2	<p>Fitness and Diet Running - pathways, space and stamina (build on mile a day) GS4PE - fitness</p> <p>Aesthetics Dance - space, poise and rhythm; introduce music Great Fire of London BBC unit</p>	<p>Aesthetics Jumping and Landing (from height) GS4PE</p> <p>Aesthetics Dance - use of equipment/work with a partner GS4PE</p>	<p>Core strength Throwing - distance (javelin and howler). Target games</p> <p>Mini/Tri-Golf (Inclusive)</p> <p>Core strength Gymnastics - strong balances</p>	<p>Aesthetics Sending and receiving (underarm and overarm) GS4PE</p> <p>Aesthetics Gymnastics - linking 3-4 movements GS4PE</p>	<p>Attack and Defence Ball Skills e.g. multi skills, dodgeball. GS4PE</p> <p>Fitness/Aesthetics running into a long jump</p>	<p>Net and Wall Games Games racket sports (tennis/badminton) GS4PE</p> <p>Aesthetics Striking and Fielding (bat and ball skills) GS4PE</p>

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	<p>Our intention in Years 3 and 4 is that the PE curriculum will ensure that the children can practise the skills needed to play specific sports and talk about their progress using appropriate PE based language and vocabulary (from <i>GetSet4PE</i>). They will be given opportunities to use a range of PE equipment effectively in order to nurture confidence and resilience in order to strive for their personal best. They will develop their own skills so they can progress to small-sided games, aiding them to modestly celebrate their own success and celebrate and respect the success of others. The children will understand for themselves what <i>feels right</i> aesthetically when throwing a ball, holding a bat, running, jumping, moving etc and will learn about successful sports stars in their own field. We strive to educate our children on developing healthy lifestyles and choices and understanding the importance of having a positive self-image, as well as being encouraged to persevere, model the School Games Values and to play for enjoyment.</p> <p><i>Where possible, teachers to adapt an activity within the unit to promote that sport is inclusive (see yourschoolgames.com)</i></p>					
3	<p>Attack and Defence Invasion games e.g. Handball, Tchoukball, Football, rugby (Leicester Tigers)</p> <p>Fitness and diet Orienteering</p>	<p>Core Strength/Aesthetics Gymnastics - building sequences (Beth Tweddle)</p> <p>Games - new Age Kurling and Boccia (inclusive/parasport) (David Weir)</p>	<p>Core Strength/Aesthetics Dance - strength and control partner work (Diversity)</p> <p>Attack and Defence Invasion games - netball and basketball (Michael Jordan)</p> <p>Swimming (Adam Peaty)</p>	<p>Fitness and diet Athletics - running skills (increasing distance) and running games. (Mo Farah)</p> <p>Attack and Defence Invasion games - hockey, unihoc. (Sam Ward Hollie Pearne-Webb)</p>	<p>Attack and Defence Striking and fielding e.g. rounders, scatterball, cricket (Heather Knight)</p> <p>Aesthetics Athletics - throwing (distance), javelin, shot putt (Hollie Arnold)</p>	<p>Aesthetics Net and wall games e.g. tennis, badminton and volleyball (Andy Murray)</p> <p>Fitness Athletics - jumping skills and games (Dame Kelly Holmes)</p>
4	<p>Attack and Defence Invasion games e.g. Netball, Tchoukball, Football, rugby, ultimate frisbee (Leah Williamson) GS4PE</p> <p>Fitness and diet Orienteering (Dwayne Johnson)</p>	<p>Core Strength/Aesthetics Gymnastics - building sequences (Max Whitlock)</p> <p>Tri Golf (inclusive/parasport) GS4PE (Rory McIlroy)</p>	<p>Core Strength/Aesthetics Dance - strength and control grop work (Bhangra) GS4PE</p> <p>Attack and Defence Invasion games - handball (Natalie Metcalf) GS4PE</p>	<p>Fitness and diet Athletics - running skills (sprinting) and sprinting games (relay). (Usain Bolt) GS4PE</p> <p>Attack and Defence Invasion games e.g. hockey, unihoc. Kate Richardson-Walsh GS4PE</p>	<p>Attack and Defence Striking and fielding e.g. rounders, softball, cricket (Shane Warne) GS4PE</p> <p>Aesthetics Athletics - throwing, javelin, shot put and target (Fatima Whitbread)</p>	<p>Aesthetics Net and wall games tennis, badminton, volleyball. (Novak Djokovic)</p> <p>Fitness Athletics - jumping skills and games (Jessica Ennis-Hill) GS4PE</p>

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	<p>Our intention in Years 5 and 6, is that the PE curriculum will ensure that the children become familiar with tactics in order to play more competitive games. The children will be given opportunities to refine skills in order to perform to a high standard and challenge others of a similar ability in competition. The children will be encouraged to work collaboratively to support each other when discussing tactics, field positions or ideas for more complex routines in dance or gymnastics etc. The children will have an excellent idea of what it means to be healthy, relating this to aspects of their lives both in and out of school. They will leave Navenby with a positive self-image, a sound understanding of how PE improves lifestyles and well-being and with a desire to continue physical activity into their secondary education.</p> <p><i>Where possible, teachers to adapt an activity within the unit to promote that sport is inclusive (see yourschoolgames.com)</i></p>					
5	<p>Attack and Defence Invasion games (skill development) e.g. Football - (Goalball - inclusion) (England national team/Lionesses)</p> <p>Aesthetics Dance - choreography GS4PE (Strictly Come Dancing)</p>	<p>Attack and Defence Invasion games (team positions) e.g. Hockey GS4PE (Sam Quek)</p> <p>Aesthetics/Core strength Gymnastics - partners, apparatus (Louis Smith)</p>	<p>Aesthetics Net and wall games e.g. Tennis (Emma Raducanu)</p> <p>Aesthetics Yoga GS4PE (Cara Delevigne)</p>	<p>Attack and Defence Invasion games (team work) e.g. netball GS4PE (Helen Housby)</p> <p>Fitness OAA GS4PE (Cristiano Ronaldo)</p>	<p>Fitness/Core strength Handball (speed of game) (Joshua Plumridge)</p> <p>Fitness and Diet Circuit training (Sir Chris Hoy) GS4PE</p>	<p>Attack and Defence Striking and fielding rounders (playing to strengths) (Babe Ruth)</p> <p>Aesthetics/Fitness Athletics - track and field Long jump/triple jump relay GS4PE (Daley Thompson)</p>
6	<p>Attack and Defence Invasion games (skill development) Tag Rugby (Maro Itoje)</p> <p>Attack and Defence Invasion games (team positions) e.g. football (Leah Williamson)</p>	<p>Diet Circuit training (Sir Steve Redgrave)</p> <p>Aesthetics/Core strength Gymnastics - partners, apparatus (Simone Biles)</p>	<p>Aesthetics Net and wall games badminton/volleyball (Ben Lane)</p> <p>Aesthetics Dance WW2 30s/40s dances (Darcey Bussell)</p>	<p>Fitness and Diet Skipping; jumping techniques/rhythm (speed bounce) (Jade Jones)</p> <p>Fitness/Core strength Tchoukball (speed of game) (Nikola Karabatic)</p>	<p>Attack and Defence Striking and fielding - cricket (over arm bowling, strategy) (Ben Stokes)</p> <p>Fitness and diet Orienteering (Anthony Joshua)</p>	<p>Attack and Defence Striking and fielding - Rounders; tactics and strategy; accurate bowling (Aaron Judge)</p> <p>Aesthetics/Fitness Athletics - track and field Long distance, relay (Sebastian Coe)</p>

