

Physical  
Education  
Pathway

Year A Year  
1 - 6

Develop & refine the fundamental movement skills, rolling, crawling, walking, jumping, running, hopping, skipping & climbing. Progress towards a more fluent style of moving developing control & grace. Develop overall body strength, co-ordination, balance & agility. Develop small motor skills. Use core muscles to achieve good posture. Develop overall body strength, balance, co-ordination and agility. Further develop & refine a range of ball skills –throwing, catching, kicking, passing, batting & aiming. With increased confidence Ride a balance bike. Enter the water and attempt to swim 5m across the pool. Start taking part in group activities which they make. Every child receives a positive experience and feedback. Show resilience & perseverance in the face of a challenge. Knows that physical activity support overall health and wellbeing. Start taking part in group activities which they make up themselves or in teams. Show resilience & perseverance in the face of a challenge. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Develop overall body strength, balance, coordination, and agility. Show resilience & perseverance in the face of a challenge.

Year 1 and 2

Ball skills  
Gymnastics

Indoor Athletics  
Dance

Tag games and  
end zone games

Athletics  
Swimming

Boccia  
Gymnastics

Football  
Handball

Year 3 and 4

Striking and  
fielding/ Tennis

Indoor Athletics  
Dance

Tag Rugby  
Football

Athletics  
Tennis

Striking & Fielding  
Swimming

Year 5 and 6

Football Hockey Handball Netball  
Boccia Tri Golf Gymnastics Gymnastics

Indoor Athletics Volleyball + Sitting Volleyball  
Dance (linked to topic) Dance (linked to topic)  
Tag Rugby Tennis Football Striking and Fielding

Athletics Athletics Tennis Orienteering  
Striking and Fielding Basketball Swimming

