



St Patrick's Catholic Primary School



P.E. Overview 2026-27	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Balance <i>stand on one leg</i> Ways of travelling <i>skip, hop, jump</i>	Dance <i>Make big movements</i>	Gymnastics / Ways of travelling <i>over and under equipment with confidence</i>	Ball skills <i>roll a ball with control, passing, target</i>	Ball skills / Cricket <i>Catching and throwing, batting, fielding</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 1	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target Co-ordination</i>	Gymnastics <i>Movement, pattern, co- ordination, strength</i>	Rugby <i>Throwing, catching Attacking / defending Team games</i>	Cricket <i>Throwing, catching Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 2	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target Co-ordination</i>	Dance <i>Perform dances using simple movement patterns</i>	Rugby <i>Throwing, catching Attacking / defending Team games</i>	Cricket <i>Throwing, catching Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 3	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target Co-ordination</i>	Gymnastics <i>Movement, pattern, co- ordination, strength</i>	Rugby <i>Throwing, catching Attacking / defending Team games</i>	Hockey <i>Throwing, catching Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 4	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target Co-ordination</i>	Dance <i>Perform dances using a range of movement patterns</i>	Rugby <i>Throwing, catching Attacking / defending Team games</i>	Cricket <i>Throwing, catching Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 5	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target Co-ordination</i>	Gymnastics <i>Movement, pattern, co- ordination, strength</i>	Rugby / Netball <i>Throwing, catching Attacking / defending Team games</i>	Hockey <i>Throwing, catching Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 6	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target Co-ordination</i>	Dance <i>Perform dances using a range of movement patterns, compare and evaluate their performances</i>	Rugby / Netball <i>Throwing, catching Attacking / defending Team games</i>	Cricket <i>Throwing, catching Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>



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