



P.E. Overview 2025/26

Outdoor PE

Year	Autumn	Spring	Summer
REC	Travelling/Movement (Developing Skills)	Exploring Equipment (Introducing new equipment)	Athletics. (Health & Fitness)
REC	Beanbags/Balls (Hand Eye Coordination)	Team Games (Working together communication)	Review
1	Travelling/Movement (Developing Skills)	Team Games (Compete & Perform)	Athletics. (Health & Fitness)
1	Catching/Throwing. (Exploring Ball Skills)	Passing & Travelling (Developing Skills)	Review.
2	Tennis (Net & Wall)	Football. (Invasion Game Control/Passing)	Athletics. (Health & Fitness)
2	Cricket (Striking & Fielding)	Scooting. (Coordination/Health & Safety)	Review.
3	Tri – Golf (Striking)	Netball. (Invasion Game Positions/Movement)	Athletics. (Health & Fitness)
3	Hockey. (Invasion Game)	Outdoor Adventure. (Problem Solving & Teamwork)	Review.
4	Basketball. (Invasion Game/Defending & Attacking/Formation)	Football. (Invasion Game Tactics/possession)	Athletics. (Health & Fitness)
4	Tennis. (Net & Wall)	Rounder's (Striking & Fielding)	Review
5	Tag Rugby. (Invasion Game Handling/Tactics)	Netball (Invasion game team defending attacking)	Athletics. (Health & Fitness)
5	Outdoor Adventure (Problem Solving & Teamwork)	Team Games. (Compete & Perform Working together)	Review.
6	Basketball. (Invasion Game Tactics/decision making)	Tri – Golf (Striking)	Athletics (Health & Fitness)
6	Hockey (Invasion Game)	Cricket (Striking & Fielding)	Review.