

Indoor PE Focus Across the Academic Year

Year Group	Autumn 1 (Sept-Oct)	Autumn 2 (Nov-Dec)	Spring 1 (Jan-Feb)	Spring 2 (Mar-Apr)	Summer 1 (Apr-May)	Summer 2 (June-July)
EYFS*	Fundamental Movement Skills (Dance)	Fundamental Ball Skills (Rolling, throwing catching and bouncing)	Introduction – Team Games	Athletics Foundations	Racket and ball (Striking and Fielding)	Gymnastics*
Year 1	Dance* <u>(Dance – Heros)</u>	Fundamentals & Agility <u>(Health and Wellbeing)</u>	Gymnastics* <u>(Wide, Narrow & Curled)</u>	Racket and ball <u>(Rackets, bats & balls)</u>	Fitness* <u>(Locomotion - Jumping)</u>	Team Games <u>(Team Building)</u>
Year 2	Fundamentals & Agility <u>(Health and Wellbeing)</u>	Dance* <u>(Dance – Explorers)</u>	Racket and ball <u>(Rackets, bats & balls)</u>	Gymnastics* <u>(Pathways)</u>	Team Games <u>(Team Building)</u>	Fitness* <u>(Locomotion - Jumping)</u>
Year 3	Games* – Inclusion <u>(Boccia)</u>	Gymnastics* <u>(Symmetry and asymmetry)</u>	Dance* <u>(Wild Animals)</u>	Adventurous Activities <u>(Problem Solving)</u>	Alternative Games <u>(Tchoukball)</u>	Yoga & Mindfulness <u>(Health and Wellbeing)</u>
Year 4	Strength & Stamina <u>(Body Combat)</u>	Dance* <u>(Dance – Cats)</u>	Invasion Games <u>(Quidditch)</u>	Gymnastics* <u>(Levels & Direction)</u>	Adventurous Activities <u>(Problem Solving)</u>	Alternative Games <u>(Tchoukball)*</u>
Year 5	Dance* <u>(Dance – Steet Dance)</u>	Alternative Games <u>(Tchoukball)</u>	Gymnastics* <u>(Counterbalance & Counter Tension)</u>	Health Related Exercise <u>(Circuit Training)</u>	Invasion Games* <u>(Handball)</u>	Adventurous Activities <u>(Problem Solving)</u>
Year 6	Gymnastics <u>(Matching & Mirroring)</u>	Health Related Exercise (Link with Science) <u>Body systems</u>	Personal Goals & Leadership*	Personal Goals & Leadership*	Dance <u>(Carnival)</u>	Invasion Games <u>(Tchoukball)</u>

*External Coach Delivering

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Detailed Breakdown by Year Group and Term

EYFS

Autumn 1 – Fundamental Movement Skills (Dance): Pupils explore running, jumping, hopping and moving to music, developing body awareness and simple rhythm.

Autumn 2 – Fundamental Ball Skills: Rolling, throwing, catching and bouncing are introduced through fun games, building coordination and control.

Spring 1 – Introduction to Team Games: Children begin working together in simple team activities, learning to share space and follow basic rules.

Spring 2 – Athletics Foundations: Pupils practise running, jumping and throwing skills in preparation for Sports Day-style activities.

Summer 1 – Racket and Ball (Striking and Fielding): Pupils develop hand–eye coordination with simple striking, rolling and aiming games.

Summer 2 – Gymnastics: Children explore balances, climbing and moving safely on apparatus, building confidence in physical activity.

Year 1

Autumn 1 – Dance (Heroes): Pupils use movement to tell stories of heroes, exploring actions, levels and pathways.

Autumn 2 – Fundamentals & Agility (Health and Wellbeing): Children build balance, coordination and agility through games and challenges.

Spring 1 – Gymnastics (Wide, Narrow & Curled): Pupils create sequences using different body shapes and explore simple rolls and balances.

Spring 2 – Racket and Ball (Rackets, Bats & Balls): Introduction to striking and controlling a ball with different equipment.

Summer 1 – Fitness (Locomotion – Jumping): Pupils develop stamina, strength and jumping technique through circuits and games.

Summer 2 – Team Games (Team Building): Children learn to cooperate, follow rules and solve problems in team activities.

Year 2

Autumn 1 – Fundamentals & Agility (Health and Wellbeing): Pupils refine running, jumping and balancing skills in a range of activities.

Autumn 2 – Dance (Explorers): Children create movement linked to exploration, working individually and in groups.

Spring 1 – Racket and Ball (Rackets, Bats & Balls): Pupils practise striking, rolling and controlling a ball with accuracy.

Spring 2 – Gymnastics (Pathways): Developing travelling, balancing and rolling along different floor and apparatus pathways.

Summer 1 – Team Games (Team Building): Pupils learn communication and teamwork skills in problem-solving activities.

Summer 2 – Fitness (Locomotion – Jumping): Building endurance and technique through jumping circuits and personal challenges.

Year 3

Autumn 1 – Games: Inclusion (Boccia): Pupils are introduced to Boccia, focusing on precision, tactics and inclusive team play.

Autumn 2 – Gymnastics (Symmetry & Asymmetry): Children develop sequences using symmetrical and asymmetrical balances and rolls.

Spring 1 – Dance (Wild Animals): Pupils explore movement inspired by animal actions, rhythms and storytelling.

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Spring 2 – Adventurous Activities (Problem Solving): Teamwork and communication are developed through cooperative challenges.

Summer 1 – Alternative Games (Tchoukball): Pupils learn the rules and skills of Tchoukball, focusing on teamwork and tactical play.

Summer 2 – Yoga & Mindfulness (Health and Wellbeing): Developing flexibility, balance, breathing and relaxation techniques.

Year 4

Autumn 1 – Strength & Stamina (Body Combat): Pupils develop stamina, strength and coordination through non-contact combat-style fitness routines.

Autumn 2 – Dance (Cats): Movement inspired by feline actions, with emphasis on rhythm, control and performance.

Spring 1 – Invasion Games (Quidditch): Pupils develop passing, dodging and tactical play through themed invasion games.

Spring 2 – Gymnastics: Creating longer sequences that combine balances, rolls and partner work.

Summer 1 – Adventurous Activities (Problem Solving): Pupils take part in cooperative challenges that require planning and teamwork.

Summer 2 – Alternative Games (Tchoukball): Developing attacking and defending strategies in an inclusive team sport.

Year 5

Autumn 1 – Dance (Street Dance): Pupils explore rhythm, musicality and performance in street dance styles.

Autumn 2 – Alternative Games (Tchoukball): Pupils refine throwing, catching and tactical play in this inclusive invasion game.

Spring 1 – Gymnastics (Counterbalance & Counter Tension): Partner balances and counter-movements are used to create challenging sequences.

Spring 2 – Health Related Exercise (Circuit Training): Pupils build stamina, strength and flexibility through structured fitness circuits.

Summer 1 – Invasion Games (Handball): Developing passing, shooting and tactical team play in a competitive invasion game.

Summer 2 – Adventurous Activities (Problem Solving): Pupils work collaboratively to solve increasingly complex team challenges.

Year 6

Autumn 1 – Gymnastics (Matching & Mirroring): Pupils create sequences with a partner using matching and mirroring balances, rolls and jumps. Emphasis is placed on control, timing and performance quality.

Autumn 2 – Health Related Exercise (Link with Science): Pupils explore how exercise affects the body systems. They develop stamina, strength and flexibility while making scientific links to muscles, heart rate and breathing.

Spring 1 – Body Systems: Pupils learn in greater depth about the circulatory, respiratory and muscular systems, applying their knowledge to understand how exercise impacts the body.

Spring 2 – Personal Goals & Leadership: Pupils set personal fitness and skill targets and begin leading small groups in warm-ups, activities and games, developing confidence and leadership.

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Summer 1 – Personal Goals & Leadership (continued): Pupils extend leadership roles, supporting peers, evaluating performance and reflecting on progress towards personal goals.

Summer 2 – Dance (Carnival) & Invasion Games (Tchoukball): Pupils explore vibrant Carnival dance styles, focusing on rhythm, expression and performance. Alongside this, they develop tactical awareness and teamwork in Tchoukball, applying attacking and defensive strategies.