

Outdoor 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)	Sports Day Preparation
Year 1	Locomotion and Agility	Sending a Receiving	Striking and Kicking	Team Fundamentals	Athletics Fundamentals	OAA
Year 2	Advanced Locomotion and Agility	Advanced Sending and Receiving	Advanced Striking and Kicking	Team Games (Tactics and game play)	Advanced Athletics Skills	OAA
Year 3	Invasion Games Hockey	Invasion Games Basketball	OAA Orienteering	Net/Wall Tennis	Athletics	Striking & Fielding Cricket
Year 4	Invasion Games Hockey	Invasion Games Basketball	OAA Orienteering	Net/Wall Tennis	Athletics	Striking & Fielding Cricket
Year 5	Invasion Games Hockey	Invasion Games Basketball	OAA Orienteering	Net/Wall Tennis	Athletics	Striking & Fielding Cricket
Year 6	Invasion Games Hockey	Invasion Games Basketball	OAA Orienteering	Net/Wall Tennis	Athletics	Striking & Fielding Cricket

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Detailed Breakdown by Year Group and Term

EYFS

Autumn 1 – Fundamental Movement Skills (Dance): Pupils explore basic locomotor skills such as running, hopping, skipping and jumping, using music and rhythm to support movement.

Autumn 2 – Fundamental Ball Skills: Rolling, throwing, catching and bouncing are introduced through playful activities to develop coordination and control.

Spring 1 – Introduction to Team Games: Pupils begin simple games that encourage turn-taking, sharing space and following basic rules.

Spring 2 – Athletics Foundations: Pupils practise running, jumping and throwing in preparation for future athletics activities.

Summer 1 – Racket and Ball (Striking & Fielding): Developing hand–eye coordination through striking and aiming games.

Summer 2 – Sports Day Preparation: Children practise skills for races, relays and field events in readiness for Sports Day.

Year 1

Autumn 1 – Locomotion and Agility: Pupils develop running, dodging, and changing direction with balance and coordination.

Autumn 2 – Sending and Receiving: Basic throwing, catching, rolling and receiving skills are introduced using a variety of equipment.

Spring 1 – Striking and Kicking: Pupils learn how to strike a stationary or moving ball and practise kicking with control and accuracy.

Spring 2 – Team Fundamentals: Pupils learn the basics of working in a team, including sharing, following rules and supporting each other.

Summer 1 – Athletics Fundamentals: Pupils practise running, jumping and throwing in fun activities to develop speed, stamina and coordination.

Summer 2 – Outdoor Adventurous Activities (OAA): Pupils take part in simple problem-solving games and activities that promote teamwork and resilience.

Year 2

Autumn 1 – Advanced Locomotion and Agility: Pupils refine running, dodging and balancing skills in more complex activities.

Autumn 2 – Advanced Sending and Receiving: Throwing, catching and receiving are developed through small games and challenges with increasing accuracy.

Spring 1 – Advanced Striking and Kicking: Pupils refine striking with hands, bats and feet, applying skills in simple game situations.

Spring 2 – Team Games (Tactics and Game Play): Pupils are introduced to basic tactics, learning how to attack and defend in team games.

Summer 1 – Advanced Athletics Skills: Running, jumping and throwing are practised with an emphasis on personal bests and technique.

Summer 2 – Outdoor Adventurous Activities (OAA): Pupils work in teams to solve challenges that require communication and collaboration.

Year 3

Autumn 1 – Hockey: Pupils develop basic dribbling, passing and shooting skills, learning to apply them in small-sided games.

Autumn 2 – Basketball: Pupils practise dribbling, passing and shooting, building teamwork in invasion game contexts.

Spring 1 – Orienteering: Pupils learn to follow simple maps, routes and challenges to develop problem-solving and spatial awareness.

Spring 2 – Tennis: Introduction to striking, rallying and serving, focusing on control and consistency.

Summer 1 – Athletics: Pupils develop running, jumping and throwing with an emphasis on technique and competition.

Summer 2 – Cricket: Pupils learn batting, bowling and fielding skills and apply them in small-sided cricket games.

Outdoor PE Focus Across the Academic Year

Year 4

Autumn 1 – Hockey: Pupils build on Year 3 skills, developing more accurate passing, tackling and small-team tactical play.

Autumn 2 – Basketball: Pupils refine dribbling and passing under pressure and apply shooting in game situations.

Spring 1 – Orienteering: Pupils apply map reading and navigation skills in increasingly challenging outdoor tasks.

Spring 2 – Tennis: Developing forehand, backhand and serving skills, with opportunities to play singles and doubles.

Summer 1 – Athletics: Focus on improving technique and achieving personal bests in track and field events.

Summer 2 – Cricket: Pupils develop teamwork and tactical understanding through small and full game situations.

Year 5

Autumn 1 – Hockey: Pupils refine dribbling, passing, tackling and shooting, introducing tactical awareness and positioning.

Autumn 2 – Basketball: Focus on teamwork, fast breaks, defence and applying rules in competitive games.

Spring 1 – Orienteering: Pupils take on more complex routes, solving challenges that require problem-solving and cooperation.

Spring 2 – Tennis: Pupils build accuracy and power in rallies, developing tactical awareness for singles and doubles matches.

Summer 1 – Athletics: Pupils refine running, jumping and throwing with emphasis on competition and achieving personal bests.

Summer 2 – Cricket: Pupils apply batting, bowling and fielding techniques in longer, more tactical game formats.

Year 6

Autumn 1 – Hockey: Pupils demonstrate advanced stick skills, tactical play and teamwork in competitive situations.

Autumn 2 – Basketball: Pupils apply advanced passing, defending and attacking strategies in structured games.

Spring 1 – Orienteering: Pupils undertake leadership roles, designing routes and challenges for peers while refining navigation skills.

Spring 2 – Tennis: Pupils demonstrate control, accuracy and tactical awareness in singles and doubles matches.

Summer 1 – Athletics: Pupils apply advanced techniques and strategies to track and field events, aiming for personal bests.

Summer 2 – Cricket: Pupils demonstrate tactical awareness, teamwork and skill execution in full competitive games.