



# PE Long Term Overview – 2025/2026

<b>INTENT</b>	At Broomfield Primary School, it is the intent for our PE curriculum to develop independent skills and self-belief in ability. Through P.E. children can develop competence and confidence in a range of physical skills including dance, games, gymnastics and athletics. Children will be encouraged to understand healthy life style choices and how exercise supports this. Through individual, group and team activities children will develop empathy for teamwork and cooperation, alongside experiencing elements of competition. Children will be challenged to reach their full potential through a balanced programme of high- quality teaching that follows National Curriculum guidance. We will work in partnership with community, our local School Sport and Activity network (SSPAN) and professional P.E. providers to implement an inspirational and inclusive P.E. curriculum.					
<b>IMPLEMENTATION</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Foundation</b>	Introduction to PE	Fundamentals	Little Springers Gymnastics	Dance	Games	Ball skills
Unit Vocabulary	Run Jump Hop Skip Balance Crawl Travel Co-operation Stop Start Throw Catch	Balance Bend Crawl Direction Space Fast Hop Jump Safely Land Slide Rules Slow Stop Run Stop Travel	Balance Bend Copy Hold Jump Land Roll Shape Star Still Straight Rock	High Low Shape Space Direction Action Counts Start position Finish position Move Quickly Slowly	Run Balance Throw Catch Change Direction Team Co-operation	Ball Bounce Catch Dribbling Hit Kick Ready Run Score Target Throw
Focus Vocabulary	Jump Hop Skip Throw Catch	Balance Bend Crawl Space Jump Run Stop Travel	Balance Jump Roll Straight Bend Rock	Space Move High Low Quickly Slowly	Run Throw Catch Change Direction	Ball Bounce Catch Dribbling Target Throw
<b>Year 1</b>	Dance		Gymnastics		Striking and fielding	Net/wall games
	Team building	PE fundamentals	Sending and receiving	Ball skills	Target games	Athletics
Unit Vocabulary	Balance Fast Beat Copy Level Pathway Pose Timing		Action Control Direction Level Speed		Batter Bowler Fielder Hit Overarm Underarm Track Out	Net racket Ready Position Track Underarm
	Challenge Instructions Co- operate Lead Listen Talk	Dodge Jog Ready position Skip Swing	Attacker Defender Dodge Goal Mark Track	Control Ready Position Soft Swing Track Underarm	Balance Distance Further Overarm Swing Underarm	Control Further Leap Overarm Quickly Time Underarm Walk
Focus Vocabulary	Balance Copy Level Fast		Control Speed Direction		Overarm Underarm Fielder Batter	Net Racket Underarm Track
	Challenge Co-operate Listen	Dodge Skip Jog	Attacker Defender Dodge	Swing Underarm Control	Overarm Underarm Swing	Overarm Underarm Control

<b>Year 2</b>	Dance		Gymnastics		Striking and fielding	Net/wall games
	Team building	Sending and receiving	Ball skills	Target games	Invasion games	Athletics
Unit Vocabulary	Create Dynamics Expression Matching Mirroring Perform Speed Unison		Link Pathway Pike Sequence Straddle Tuck		Backstop Collect Runs Stump Tactic Teammate	Against Defend Quickly Receive Return Trap
	Communicate Map Solve Include Support	Attack Defend Opponent Possession Receive send Shoot Tactic	Collect Prepare receive Release Touch	Accurate Ahead Opponent Release Strike Teammate	Attack Defend Opponent Receive Send Shoot Tactic	Aim Distance Far Height Landing Sprint Take-off
Focus Vocabulary	Matching Speed Create Expression		Sequence Tuck Straddle		Backstop Stump Collect Runs	Defend Trap Receive Return
	Communicate Map Solve	Attack Defend Send Receive	Collect release Receive	Accurate Strike Release Ahead	Defend Receive Send Attack	Take-off Landing Sprint Aim
<b>Year 3</b>	Dance		Gymnastics		Dodgeball	Athletics
	PE fundamentals	Football	Ball skills	Golf	Cricket	Swimming
Unit Vocabulary	Canon Explore Extend Feedback Formation		Contrast Extend Flow Match Take-off Point Landing Position		Accurate Teamwork Technique Overarm Intercept Communicate	Accuracy Baton Event Power Relay Speed Strength Technique
	Agility Co-ordination Control Rhythm Technique	Accurate Communicate Control Passing Intercept Receiver Opposition	Accurate Block Opponent Personal Best Possession Power Technique	Chip Drive Grip Hit out Putt Technique Power Swing	Accuracy Caught-out Grip No-Ball Strike Technique Wicket Short-barrier	Backstroke Breaststroke Front-crawl Floating Tread-water
Focus Vocabulary	Canon Formation Extend		Extend Point Contrast		Overarm Teamwork communicate	Accuracy Relay Baton Technique
	Co-ordination Control Rhythm	Control Communicate Intercept	Block Possession Technique	Chip Putt Drive Grip	Grip No-ball Short-barrier	Backstroke Breaststroke Front-crawl Tread-water
<b>Year 4</b>	Dance		Gymnastics		Cricket	Athletics
	Fitness	Football	Netball	Dodgeball	basketball	Tennis
Unit Vocabulary	Flow Order Phrase Represent Structure Rhythm Performance		Bridge Inverted Rotation Stability Shoulder stand Momentum Perform		Grip Over-arm Catch Run Wicket No-ball Run-out	Launch Measure Official Pace Record Stamina Stride Transfer of weight
	Accelerate Decelerate Dynamic React Record Static	Accelerate Offside Onside Tackle Protect Gain Deny Pressure	Adjust Avoid Cushion Decision Support Accurate Block Pass Mark Shoot	Decision Overarm Fake Accuracy Stance	Accuracy Stance Bounce pass	Grip Swing Stance Backhand Forehand Bounce Accuracy Court Control
Focus Vocabulary	Rhythm Structure Order Flow		Bridge Shoulder stand Rotation Stability		Over-arm Catch Run Wicket No-ball	Launch Pace Stride Transfer of weight
	Accelerate decelerate Static	Offside Onside Tackle Pressure	Mark Shoot Accuracy Pass	Overarm Fake Accuracy Stance	Mark Pass stance	Backhand Forehand Bounce Accuracy Control

Year 5	Fitness	Badminton	Handball	Dance	Cricket	Athletics
	Dance	Netball	Dance	basketball	OAA	Rounders
Unit Vocabulary	Consistent Motivate Persevere Power Stable Measure	Baseline Dominant Serve Swing Grip Shuttlecock Backhand Forehand	Stance Bounce-pass Chest-pass Overarm Dominant Rebound Angle	Choreograph Genre Motif Posture Quality Transition	Bowling Runs Wicket keeper Assess Collaborate Deep catch Accuracy Overarm Underarm Close catch	Approach Changeover Dominant Drive Force Javelin Momentum Track Shotput
	Choreograph Genre Motif Posture Quality Transition	Stance Bounce-pass Chest-pass Overarm Dominant Rebound Angle	Asymmetrical Canon Cartwheel Mirroring Extension Stable Transition Symmetrical	Bounce pass Stance Shoulder pass mark	Cardinal points Landmark Strategy Negotiate Compromise Visual Verbal	Backstop Collaborate Accuracy Overarm Underarm
Focus Vocabulary	Power Stable Measure Persevere	Baseline Serve Grip Backhand Forehand	Bounce-pass Chest-pass Stance Dominant	Transition Motif Posture	Accuracy Swing Overarm Underarm	Cardinal Points Landmark Visual Verbal
	Transition Motif Posture	Bounce-pass Chest-pass Stance Dominant	Symmetrical Asymmetrical Canon Mirroring	Bounce pass Stance Shoulder pass mark	Close-down Block Stance	Approach Dominant Drive momentum
Year 6	Dance	Fitness	Dance	Hockey	Cricket	Athletics
	Tag rugby	Gymnastics	handball	Gymnastics	OAA	Rounders
Unit Vocabulary	Movement Motif Transition Power Stable posture	Abdominals Analyse Calves Engage Quadriceps Rhythm	Stance Bounce-pass Chest-pass Overarm Dominant Rebound Angle	Backstop Assess Collaborate Deep catch Accuracy Overarm Underarm	Wicket keeper Assess Collaborate Deep catch Accuracy Overarm Underarm Close catch	Discus Explosive Fling Grip Pattern Release Rhythm Stance
	Pass back Line Possession Try Onside/offside Intercept dodge	Aesthetic Freeze Frame Refine Style Stimulus Mood	Abide Collaborate Angle Push Assess Grip Anticipate	Aesthetics Contrasting counter-balance Counter-tension Flight Formation Refine Structure	Trajectory Collaborate Assess Anticipate Fake Stance Overarm	Location Evaluate Contribute Approach Adhere Determine
Focus Vocabulary	Power Stable Measure Persevere Transition Motif Posture	Abdominals Calves Quadriceps	Refine Freeze Frame Style Mood	Stance Bounce-pass Chest-pass Overarm Dominant Rebound Angle	Collaborate Deep catch Close catch Accuracy	Fling Grip Release Stance
	Pass back Line Possession Try Onside/offside Intercept	Refine Freeze Frame Style Mood	Turnover Transition Ball Side Stance	Push Assess Anticipate	Assess Anticipate Fake Stance	Location Evaluate Contribute Determine

dodge						
<b>IMPACT</b>	<p>Children understand and have developed knowledge of the value of physical activity and exercise on their health and wellbeing, and have been encouraged to increase their fitness levels. They have experienced and enjoyed a range of physical skills and have developed empathy for teamwork and cooperation. Children have knowledge and understanding of the rules and their importance in competition. The P.E. curriculum has allowed all children to progress in a wide range of skills and abilities with increased independence and ownership. They can take responsibility and show resilience in their attitude and behaviour across the P.E. curriculum. As a result, children are challenged through high quality, inclusive and progressive delivery of P.E. Skills and attitudes learnt in P.E. feed into other areas of the school curriculum.</p>					
<b>Article 31</b>	<b>Every child has the right to relax, to play and join in a wide range of cultural activities.</b>					