



PE Curriculum

Physical Education, incorporating sport,
games and gym

Dolphin Class
2025-26

Curriculum Aim

To inspire all children to enjoy active and healthy lifestyles, developing essential physical skills, cooperation, and self-confidence through a broad, balanced programme of games and gymnastics. The curriculum aims to cultivate movement competency, team spirit, creativity, and resilience—in a supportive environment that values participation and progress for everyone.

Key Objectives

- **Fundamental Movement Skills:**
Develop core gross motor skills—running, jumping, hopping, balancing, catching, throwing, rolling, kicking, climbing, and turning.
 - **Games Skills:**
Build physical literacy in simple games: understanding rules, playing cooperatively, learning basic attacking/defending tactics, and developing control with equipment (balls, beanbags, hoops, bats).
 - **Gymnastics Skills:**
Explore body movements including balancing, rolling, stretching, twisting, jumping, climbing, travelling, and sequencing actions individually and with partners.
 - **Health, Fitness & Safe Practice:**
Foster awareness of exercise's value for wellbeing; encourage good posture, safe spaces, warm-ups/cool-downs, and care with equipment.
 - **Teamwork & Personal Development:**
Grow social skills—listening, sharing, turn-taking, positive communication, respect, and celebrating success.
 - **Creativity & Performance:**
Encourage imaginative movement, basic routines (individually and in groups), and expressing ideas through physical actions.
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Topics & Skills to be Taught

How Topics Are Split and Organised:

Each week, your PE learning is divided into two distinct domains:

1. **Games Lesson:**
 - Focuses on skill development through play, competition, and equipment use.
 - Emphasises simple rules, fair play, and teamwork.
2. **Gymnastics/Gym Lesson:**
 - Focuses on body management skills, apparatus use, movement exploration, sequencing, and creative routines.

Both strands progress through three terms—building fundamentals, developing complexity, and integrating skills.

Games Strand: Sample Topics & Skills

- Movement in space: running, skipping, dodging, chasing
- Ball control: rolling, bouncing, catching, throwing, kicking, passing
- Object manipulation: beanbags, hoops, bats/rackets (early skills)
- Simple team games: relay races, “tag” style games, target/aiming games, mini football/basketball/invasion games
- Learning and following basic rules
- Developing tactics (find space, mark, intercept)
- Communication and cooperation

Gymnastics Strand: Sample Topics & Skills

- Travelling in different ways: crawling, rolling, sliding, jumping, hopping
- Balancing: one/two feet, on apparatus, partner balances
- Shapes and stretches: “star”, “pencil”, “tuck”, “straddle”, “bridge”
- Rotation: log roll, forward/backward roll (building up safely)
- Jumps: straight, tuck, star, landings
- Creative movement and sequencing: joining moves smoothly, simple routines
- Use of small and large apparatus (benches, mats, climbing frames)
- Body control, flexibility, and strength

Organisation & Progression

- Each half-term introduces, revisits, and deepens sets of skills (e.g., Autumn: movement, ball control, basic shapes; Winter: team games, balance, jumping; Spring/Summer: simple competition, combining actions, outdoor games).
- Games lessons develop competitive and cooperative skills, while gymnastics/gym lessons build movement creativity and body control.
- Health education, safety, and reflection are interwoven across both lessons.

Semester 1

(17 Aug – 11 Dec 2025; 16 weeks)

Topics/Skills Covered	Key Objectives	Indicative Activities
Fundamental movements (run, jump, hop, skip, crawl, roll)	Develop basic locomotor skills, coordination, balance	Locomotor games, “Follow the leader”, movement circuits
Ball handling (rolling, bouncing, throwing, catching)	Build hand-eye coordination, introduce equipment use	Beanbag toss, catch games, target throwing
Spatial awareness & movement in space	Learn to find space, move safely, avoid collisions	“Traffic jam”, “Islands”, chase/tag games
Simple games & rules (team games, relay, tag, invasion basics)	Follow instructions, fair play, teamwork	Relay races, circle games, cooperative challenges

Topics/Skills Covered	Key Objectives	Indicative Activities
Gymnastics: basic shapes & balances (“star”, “pencil”, “tuck”)	Explore body shapes, static & dynamic balances	Balance stations, partner balances, apparatus introduction
Travelling on apparatus (benches/mats)	Develop confidence, creativity in movement	Obstacle courses, “Explore the gym” sessions
Intro to rotation (log roll, rocking)	Safely develop rolling/twisting skills	Log roll on mats, rocking side-to-side
Jumping and safe landing	Practice jumping and stability	Mini-jump circuits, jumping challenges, “land like a cat”
Health & safety routines (warm up, cool down, safe spaces)	Understand importance of warm-up & safety; basic exercise benefits	Stretching songs, cool down routines, discussing safe use
Introduction to simple performance/sequencing	Explore sequencing movements in group/paired routines	Mini movement routines, pattern making, group creative tasks

Semester 2

(14 Dec 2025 – 9 Apr 2026; 16 weeks)

Topics/Skills Covered	Key Objectives	Indicative Activities
Ball control progression (bounce, dribble, kick, pass)	Refine ball handling, introduce kicking and dribbling	Dribble relays, kick & pass games, “keep it up” challenges
Throwing & catching with increasing distance	Develop accuracy, anticipation, partner skills	Target throws, distance catching, partner challenges
Group & team games (relay, invasion basics—mini football, basketball)	Understand roles in simple team games, introduce basic tactics	Mini-matches, passing games, marking/opponent awareness
Gymnastics: combining actions (move, balance, jump)	Chain movements, begin sequencing	Action chains, “Build a routine” sessions, partner sequencing
Rotational skills (forward roll, side rolls)	Safely attempt and refine basic rolls	Mat work with teacher guidance, rolling circuits
Shapes & balances on apparatus	Explore creative use of small/large apparatus	Apparatus circuits, balance on/with equipment
Intro to flexibility & core strength	Develop stretching, flexibility, body tension	Flexibility games (“stretch like elastic”), plank variations

Topics/Skills Covered	Key Objectives	Indicative Activities
Small group games (cooperation, rule following)	Build social skills, teamwork, turn-taking	“Shipwreck”, problem-solving team games
Basic fitness & wellbeing	Relate physical activity to health, discuss feelings after exercise	Post-workout check-ins, “How does my body feel?” discussions
Introduction to movement/dance elements	Explore rhythm, shape, coordination through music	Movement routines with music, dance/gym cross-overs

Semester 3

(13 Apr – 13 Aug 2026; 17 weeks)

Topics/Skills Covered	Key Objectives	Indicative Activities
Outdoor games & athletics (mini-races, obstacle courses)	Apply skills outdoors: running, jumping, throwing, teamwork	Mini-Olympics, running circuits, group obstacle races
Ball games: rules and competition development	Experience small-sided games, basic competition etiquette	Simple matches (football, basketball), scoring, fair play talks
Advanced spatial awareness, invasion games	Recognise attack/defend, move tactically	Marking, finding space, “zone” games
Gymnastics: advanced sequencing and combinations	Create longer movement sequences + perform, peer feedback	Sequence performances, “showcase routines”, partner evaluations
Jumps and vaults on apparatus	Progress jumping skills, introduce safe low vault	Jumping circuits, vault on bench/mat with spotter
Balancing with dynamic movement (moving balances)	Combine movement with balancing, creative challenges	Balance/step patterns, partner moving balances
Introduction to basic athletic concepts (pace, stamina)	Explore pacing, sustained effort, outdoor fitness	Distance running games, “How far/how fast?” activities
Year-end performance & reflection	Review skills learned, perform routines/games for others, celebrate success	Group games tournament, gym display to peers, personal targets

How this works:

- Games lessons develop ball skills, game play, tactics, teamwork, and fitness through lively activities.

- Gym lessons build movement, flexibility, sequencing, creativity, and safe apparatus use via structured practice.
- Every term integrates health, safety, reflection, enjoyment, and positive participation, with skills spiralling for broader development.

Semester 1: Week-by-Week PE Plan

Week & Date	Topic	Key Objective	Games Class (40 mins)	Gym Class (40 mins)	Continuous Provision Ideas
Wk 1 – 17 Aug	Moving Safely in Space	Develop spatial awareness, move safely around others	Warm-up tag games, “Find a Space” activities, change direction on signal	Explore different ways of travelling (walk, crawl, jump); use floor markings for pathways	Play space with floor dots/hoops; obstacle course with directional arrows
Wk 2 – 24 Aug	Basic Locomotor Skills	Practise running, stopping, changing direction	Shuttle runs, races with start/stop, “traffic light” game	Travelling in low/high shapes around hall; creative “animal walks”	Hopscotch mats; balance beams/benches in outdoor area
Wk 3 – 31 Aug	Ball Rolling & Stopping	Develop control when rolling and stopping a ball	Roll to partner, knock down target skittles, “bowling” relays	Explore balances on different body parts; “points and patches”	Rolling balls along guttering; target hoops in outdoor zone
Wk 4 – 7 Sep	Underarm Throw & Catch	Develop accurate underarm throw, catch with 2 hands	Partner throws to target; beanbag throw into hoop; “clean your yard” game	Floor work: introduce basic shapes (star, tuck, pencil); hold for 3 seconds	Beanbag target toss; shape cards for children to copy on mats
Wk 5 – 14 Sep	Festival Link – Rosh Hashanah Movement Games	Apply ball skills to themed games	“Apple & Honey” relay races with beanbags; hoop target challenge	Linking shapes and simple travel; design a “shofar” pathway travel sequence	Themed beanbags; tunnels/bridges for “honey bee” obstacle run
Wk 6 – 21 Sep	Sending & Receiving	Send/receive objects along the ground and in air	Partner passing challenges; rolling through gates	Travel over/under apparatus; explore contrasting speeds	Small soft balls and cones; benches for crawling/climbing
Wk 7 – 28 Sep	Dodging & Chasing	Learn dodging to find space; chasing/tag skills	“Tag in a grid”, dodging side-step practice	Introduction to rocking and log rolls; safe rolling technique	Marked dodging area; soft mats for roll exploration
Wk 8 – 5 Oct	Kicking Skills	Develop control kicking a stationary ball	Passing to a partner’s feet; aiming at goals	Jumping from 1 and 2 feet; emphasis on safe landings	Small footballs; cones/goals in outdoor area

Week & Date	Topic	Key Objective	Games Class (40 mins)	Gym Class (40 mins)	Continuous Provision Ideas
Wk 9 – 12 Oct	Festival Link – Sukkot Team Games	Apply teamwork to themed invasion/relay games	Lulav & Etrog relay (carry objects carefully to “Sukkah”); building challenges	Linking rolls and jumps; travel patterns between apparatus	Themed props; move items between “stalls” in outdoor play
Wk 10 – 19 Oct	Target Games	Improve aim and accuracy for distance	Throwing at different distances; points scoring	Explore balances using small apparatus (low benches)	Skittles, target boards, chalk targets
Wk 11 – 26 Oct	Striking Skills	Introduction to striking with hands or short bat	Hand striking balloon/soft ball; paddle practice	Combine travel, roll, and jump into short sequence	Short bats & balloons; jump and roll mats
Wk 12 – 2 Nov	Partner Work & Cooperation	Work collaboratively to solve movement challenges	Team challenges: move together while holding equipment	Partner balances and mirroring	Partner hoop activities; balance challenges
Wk 13 – 9 Nov	Small-sided Games	Apply learnt skills in simplified team games	3v3 mini-games with simple rules (football, throwball)	Sequence work: beginning, middle, end routines	Small team bibs; mini goals; music corner for sequences
Wk 14 – 16 Nov	Obstacle Course Challenge	Apply multiple skills in sequence	Timed and cooperative obstacle courses	Apparatus circuit: mix of travel, balance, and jump stations	Outdoor obstacle trail; climbing frame use
Wk 15 – 23 Nov	Performance Prep	Prepare short game and sequence for sharing	Revise favourite games; mini competition with teams	Refine and practise movement sequence for end-of-term	Stage corner; costume/prop box for movement play
Wk 16 – 30 Nov	Reflection & Celebration	Share learning, review progress	Fun games mix, child-chosen activities	Gymnastics showcase; group performance	“Favourite skill” free-choice area; photo/video display

How this works:

- Games class always develops ball, invasion, and movement skills linked to cooperation and competition.
- Gym class builds body control, flexibility, creative sequencing, and apparatus confidence.
- Continuous provision reinforces skills through free-choice physical activities inside and outside, linked to that week’s content.

- Festivals (Rosh Hashanah, Sukkot) are built into themed activities without losing physical learning focus.

Semester 2: Week-by-Week PE Plan

Week & Date	Topic	Key Objective	Games Class (40 mins)	Gym Class (40 mins)	Continuous Provision Ideas
Wk 1 – 14 Dec	Ball Control Skills (Dribble, Bounce)	Refine ball handling, introduce dribbling	Dribbling with hands/feet, bounce/catch challenges	Travel and balance sequences across mats and benches	Dribble path with cones, bounce spot stations
Wk 2 – 21 Dec	Throwing & Catching Skills	Develop accuracy and anticipation for greater distances	Target throws, partner throws and catches	Link shapes and jumps in small circuits; “Star–Jump–Land” routines	Distance catch zones, throw hoops, safe landing mats
Wk 3 – 28 Dec	Team Games & Tactics	Introduce simple rules, positioning, marking	Mini-matches (football, basketball), “find space” games	Build a routine with 3 elements: travel, balance, jump	Team bibs, cones for marking, routine cards
Wk 4 – 4 Jan	Gymnastics: Rolls Progression	Safely attempt forward/side rolls	Relay roll challenges, rolling to target	Teacher-supported forward and side rolls on mats	Mat roll zone, cushions, teacher support posters
Wk 5 – 11 Jan	Kicking Skills Progression	Improve accuracy and coordination with feet	Pass, aim and score kicking games, relay kicking	Balancing with apparatus; partner balances	Footballs, target goals, balance beams/apparatus
Wk 6 – 18 Jan	Shapes & Balances	Create and hold more complex balances	Balance challenges, team balance games	Explore new balance shapes (“bridge”, “arch”), partner balance work	Shape cards, “balance walk” line, mirror station
Wk 7 – 25 Jan	Sending & Receiving Objects	Use hands/feet to send, receive, intercept objects	Hand/foot passing games, interception practice	Partner work: travel, swap, balance and hold	Target cones, passing stations, partner challenge prompts
Wk 8 – 1 Feb	Problem Solving in Teams	Collaborate and communicate to achieve physical challenges	“Shipwreck”, “Build a Route”, group relay games	Intro sequencing with actions: create group routine	Physical problem cards, large block area for team builds

Week & Date	Topic	Key Objective	Games Class (40 mins)	Gym Class (40 mins)	Continuous Provision Ideas
Wk 9 – 8 Feb	Jumping & Landing Variations	Develop jumps: distance, height, safety	Hop, star and tuck jump relays, “how far can you jump?”	Apparatus jumping, focus on safe landings	Jump markers, jump challenge mats, soft landing targets
Wk 10 – 15 Feb	Rotational Skills: Rolling	Refine rolls, combine with jumps and travel	Mat work relay: travel, roll, jump, balance	Practice forward, log, side rolls; combine with partner	Mat work, rolling aids, photos for technique
Wk 11 – 22 Feb	Flexibility & Stretch	Explore stretching and flexibility	Stretch relay games, stretching songs, plank holds	Flexibility stations, explore new stretches/shapes	“Stretch like elastic” cards, yoga mats, music for stretching
Wk 12 – 1 Mar	Mini Games Competition	Apply skills in simple matches, celebrate fair play	Class mini matches (football, throwball, relay)	Showcase routines: small group gymnastics performances	Mini trophies, scoring boards, exhibition wall
Wk 13 – 8 Mar	Movement & Dance	Link music, movement, and coordination	Dance games, action songs, movement races	Build dance/gym routines, combine rhythm with shapes	Dance scarves, musical wall, movement improv station
Wk 14 – 15 Mar	Partner & Group Challenges	Cooperate, communicate, problem solve in teams	Group obstacle races, partner “trust” games	Partner balance routines, creative movement with peer	Trust walk area, partner challenge cards, obstacle zone
Wk 15 – 22 Mar	Fitness & Wellbeing	Recognise fitness benefits, reflect after exercise	“How does my body feel?” games, stretching/cool-down	Strength/flex circuits: plank, push, hold, stretch	Posters of body parts, “energy station”, cool-down music
Wk 16 – 29 Mar	Reflection & Performance	Showcase learning, celebrate progress	Fun games, child-chosen activities, peer/teacher awards	Gymnastics routines display, group reflection discussion	Free-choice movement area, “showcase stage” props

How this works:

- Games class: always develops ball, teamwork, tactical, and competitive skills.
- Gym class: builds control, flexibility, sequencing, and creativity through apparatus, movement, and routines.
- Continuous provision: supports self-directed practice with equipment, movement zones, team games, and creative challenges, both inside and outside.
- Progression: Each week deepens skill and concept development, supporting physical literacy, confidence and enjoyment.

Semester 3: Week-by-Week PE Plan

Week & Date	Topic	Key Objective	Games Class (40 mins)	Gym Class (40 mins)	Continuous Provision Ideas
Wk 1 – 13 Apr	Outdoor Games Refresher	Revisit core games skills after break	Warm-up relays; revisit throwing, catching, kicking	Travelling and balancing on apparatus	Skittles, beanbags, balancing beams outside
Wk 2 – 20 Apr	Running & Relay Races	Develop speed, baton passing and control	Sprint relays, obstacle relays	Jumping sequence practice; safe landings	Relay batons, start/finish markers
Wk 3 – 27 Apr	Yom Ha'atzmaut Team Games	Apply teamwork in celebratory races	Flag relay, target throwing, tug-of-war	Partner balances and shapes	Blue/white flags, parade course
Wk 4 – 4 May	Invasion Games – Finding Space	Learn to pass and move into space	3v3 mini football/throwball	Travelling in different directions/levels	Cones for marking “safe zones”
Wk 5 – 11 May	Target Skills – Outdoor	Improve aiming skills over distance	Beanbag hoops, target cones, skittle knockdown	Jump–roll–balance sequences	Chalk target boards, hoops
Wk 6 – 18 May	Jumping for Distance/Height	Refine jumping skills; measure performance	Standing long jump, mini hurdles	Vault over low apparatus	Jump markers, soft hurdles
Wk 7 – 25 May	Partner Game Skills	Cooperate in small team tasks	Passing/receiving with accuracy	Partner mirroring sequences	Partner hoop balance challenge
Wk 8 – 1 Jun	Striking & Fielding Basics	Introduce striking skills with equipment	Batting off tee, fielding relay	Linking rolls and balances with apparatus	Soft bats & balls, catching nets
Wk 9 – 8 Jun	Athletics Skills	Combine running, jumping, throwing	Mini-Olympics stations	Sequence practice for final performance	Outdoor throwing zones, measuring tape
Wk 10 – 15 Jun	Outdoor Adventure Challenges	Solve physical challenges cooperatively	Team treasure hunt, cone collection races	Balance pathway across obstacles	Adventure trail set-up, climbing frame
Wk 11 – 22 Jun	Movement & Dance Outdoors	Move with rhythm and coordination	Games with music cues, circle dances	Dance/gym hybrid routine	Music player outside, dance scarves
Wk 12 – 29 Jun	Fitness Circuit	Build stamina, strength, flexibility	Timed stations: run, jump, plank, throw	Apparatus circuit indoors	Cones, jump ropes, step boxes

Week & Date	Topic	Key Objective	Games Class (40 mins)	Gym Class (40 mins)	Continuous Provision Ideas
Wk 13 – 6 Jul	Invasion Games – Defence & Attack	Learn marking and intercepting	Tagging & interception games	Partner counterbalance	Bibs for teams, zone markers
Wk 14 – 13 Jul	Obstacle Course Challenge	Apply multiple skills in sequence	Outdoor large obstacle relay	Indoor apparatus challenge	Tunnels, tyres, soft blocks
Wk 15 – 20 Jul	Performance Prep – Games	Practise for sports day/PE show	Race rehearsals, ball skill demos	Refine sequences for showcase	Sports day props, practice lanes
Wk 16 – 27 Jul	Performance Prep – Gym	Final run-throughs	Fun review games; team challenges	Full routine practice	Stage corner, costumes for sequences
Wk 17 – 3 Aug	Reflection & Celebration	Showcase year's learning	Children's choice games celebration	Group gym display, peer feedback	Free-choice skill stations, photo wall