

Forest Park Physical Education Long Term Overview 2025/2026

	Autumn Term	Spring Term	Summer Term			
Overarching principles of EYFS	High quality embedded outdoor provision provides opportunities to develop the foundation of skills in core strength, coordination and gross motor. Opportunities to roll, crawl, walk, run, jump, balance, throw, catch, and ride wheeled toys . Well-planned play spaces let children move freely, developing their body strength. Children will have the chance to practice and develop their skills of crawling, walking, running, jumping, hopping, skipping, creeping and slithering, spinning, turning, twisting, pushing and pulling . Daily dance/movement sessions provide children with the chance to follow directed physical activities using cyber coach and go noodle.					
Nursery	Outdoor provision -Use large-muscle movements to wave flags and streamers, paint and make marks.	Outdoor provision -Creates lines and circles pivoting from the shoulder and elbow	Outdoor provision -Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles	Outdoor provision -Can balance on one foot or in a squat momentarily, shifting body weight to improve stability -Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilize	EYFS Sports day preparation/races -Can grasp and release with two hands to throw and catch a large ball, beanbag or an object	EYFS Sports day preparation/races -Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. -Develop their understanding of space and moving in a line.
Reception	Spatial navigation - Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. -Develop their understanding of space and moving in a line.	Yoga -Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, hopping, skipping and climbing.	Dance -Progress towards a more fluent style of moving, with developing control and pace.	Gymnastics -Experiments with different ways of moving, testing out ideas and adapting movements to reduce risk. -Jumps off an object and lands appropriately using hands, arms and body to stabilize and balance.	Ball skills -Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	Sports Day Preparation -Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.

Year 1	Unit 1: Dance CPD Indoor (8 weeks)	Unit 2: Athletics Outdoor (6 weeks)	Unit 3 Gymnastics Indoor (12 weeks)		Unit 4: Multi-skills/small sided games Outdoor (6 weeks)	Unit 5: Striking & fielding/ Tennis Outdoor (6 weeks)
Year 2	Unit 1: Dance CPD Indoor (8 weeks)	Unit 2: Athletics Outdoor (6 weeks)	Unit 3: Gymnastics Indoor (12 weeks)		Unit 4: Multi-skills/dodgeball Outdoor (6 weeks)	Unit 5: Striking and fielding/Kwik cricket Outdoor (6 weeks)
Year 1/2 Inter- house competition/ celebrations	End of Autumn: Year 1 & 2: To share/showcase their dance musical performance with parents.		End of Spring 2: Year 1 & 2: To share/showcase their gymnastic routine to the opposite class.		Competitive KS1 Sports day: Invite parents in.	
Year 3	Unit 1: Invasion games/Football Outdoor (6 weeks)	Unit 2: Dance CPD Indoor (8 weeks)	Unit 3: Athletics Outdoor (6 weeks)	Unit 4: Net and wall games/Badminton Outdoor (6 weeks)	Unit 5 Gymnastics Indoor (12 weeks)	
Year 4	Unit 1: Gymnastics Indoor (12 weeks)		Unit 2: Athletics indoor/Outdoor (6 weeks)	Spring 2: Swimming at Jubilee swimming baths. Unit 3: Dance CPD Indoor (6 weeks)	Summer 1: Swimming at Jubilee swimming baths. Unit 4: Net and wall Games Badminton. Indoor (6 weeks)	Summer 2: Swimming at Jubilee swimming baths. Unit 5: Invasion games/football Outdoor (6 weeks)

<p>Year 3/4</p> <p>Inter- house competitions/ celebrations</p>	<p>End of Autumn 2: Year 3: To share/showcase their dance musical performance with parents. Year 4: To share/showcase their gymnastic routine to Year 3.</p>		<p>End of Spring 2: Year 3: Athletics tryouts/competition against the other year 3 class. Year 4: Athletics tryouts/competition against the other year 4 class.</p>		<p>KS2 Sports day: Invite parents in. Year 3: To share/showcase their gymnastic routine to Year 4.</p>	
<p>Year 5</p>	<p>Unit 1: Net and wall Games/ Badminton. Indoor (6 weeks)</p>	<p>Unit 2: Athletics Indoor/Outdoor (6 weeks)</p>	<p>Unit 3: Gymnastics Indoor (12 weeks)</p>		<p>Unit 4: Dance CPD Indoor (6 weeks)</p>	<p>Unit 5: Invasion games Football. Indoor (6 weeks)</p>
<p>Year 6</p>	<p>Autumn 1: Swimming at Jubilee swimming baths. Unit 1: Invasion games/football Indoor (6 weeks)</p>	<p>Autumn2/Spring 1: Swimming at Jubilee swimming baths. Unit 2: Gymnastics Indoor (12 weeks)</p>		<p>Unit 3: Athletics (6 weeks)</p>	<p>Unit 4: Rounders/Kwik cricket Outdoor (6 weeks)</p>	<p>Unit 5: Dance CPD Indoor (6 weeks)</p>
<p>Year 5/6 Inter house competitions/ showcases</p>	<p>End of Autumn 2: Year 5: Mini athletics competition. Year 6: Interhouse football competition.</p>		<p>End of Spring 2: Year 5: To showcase their gymnastics routine to Year 6. Year 6: To showcase their gymnastics routine to Year 5.</p>		<p>Competitive KS2 Sports day: Invite parents in. Year 5 & 6 : To share/showcase their dance musical performance with parents.</p>	

Swimming 2026/2027

<p>Year 6</p>	<p>N/A</p>
<p>Year 5</p>	<p>All year – Friday mornings at Jubilee. Children will have swam Spring 2, Summer 1 and 2 the previous year.</p>
<p>Year 4</p>	<p>N/A</p>

Year 3	N/A
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