



PE Subject Rationale



Year Group	Unit	We teach this because...	We teach this now because...
Reception	Locomotion: Jumping & Walking	Locomotion is one of the three core strands of early physical development, helping children build coordination, rhythm and balance. Mastering walking and jumping supports children's ability to navigate space safely, control speed, and develop muscle strength that underpins all later movement.	At this stage children are rapidly developing gross motor control; introducing simple, easily scaffolded locomotor skills reduces injury risk and builds confidence. Starting with walking and jumping provides gentle, high-success activities that establish proprioception and safe movement patterns before introducing direction changes, speed or tactical movement in later years.
Reception	Gymnastics	Gymnastics develops core stability, balance, and spatial awareness, supporting posture and coordination across all areas of PE. It also encourages children to explore creativity and control through body movement.	Children benefit from guided exploration of how their bodies move, which improves posture and core control required for later dynamic skills. Beginning with "moving" and simple balances so children can safely experience movement fundamentals
Reception	Dance	Dance builds rhythm, memory, coordination, and expressive confidence. Using movement to interpret sound and story helps children connect emotions to physical action and encourages creativity.	Familiar nursery rhymes are engaging and accessible, allowing children to focus on matching movement to rhythm and timing. This early exposure builds rhythmic control and confidence for more structured and thematic dance later in KS1.
Reception	Hands and Games for Understanding	Ball-handling skills develop fine and gross motor coordination, hand-eye tracking, and reaction time, which are key for future invasion and striking games.	Early exposure to simple equipment handling provides a secure foundation for later gameplay. By embedding play-based games at this stage, children learn cooperation, sharing and following basic rules before advancing to competitive games.
Year 1	Locomotion - Jumping	It builds power, coordination and safe landing techniques, supporting the National Curriculum focus on mastering basic movements.	Pupils are consolidating EYFS skills and are ready to refine technique and control.
Year 1	Dance	Creative dance develops expressive movement, rhythm and imagination while responding to stimuli. It also supports communication and creativity across the curriculum.	At this stage of development can link movement to ideas and begin to perform with intent.
Year 1	Gymnastics	Body shapes develop core strength, balance and spatial awareness, which are fundamental gymnastics skills. It also introduces pupils to using technical vocabulary.	Children are now able to control their bodies more precisely and understand simple movement concepts.
Year 1	Ball Skills - Hands	Throwing and catching improve coordination, accuracy and reaction time. These skills form the basis for invasion and net games later in the curriculum.	Children are now able to are ready to practise and repeat skills with increasing consistency.
Year 1	Ball Skills - Feet	Kicking and stopping develop lower-body coordination. It introduces control of an object while moving. These skills support invasion games.	It allows children to combine movement and ball control. Balance and coordination have improved. This allows progression from hand to foot skills. Early footwork skills underpin invasion games later in KS2.
Year 1	Health and Wellbeing	Understanding activity and rest supports lifelong health. It helps children recognise physical and emotional responses to exercise. Positive attitudes to activity are encouraged.	At this point, children are developing self-awareness. Early habits influence long-term wellbeing. This supports whole-child development.
Year 2	Locomotion - Dodging	Dodging develops agility and balance. It improves reaction time and spatial awareness. These skills are essential for invasion games.	Due to development from previous years, children have secure basic movement skills. They can respond to others effectively. This supports progression into competitive games.

Year 2	Dance	Dance develops sequencing and expressive performance. It builds confidence and creativity. Dance supports teamwork and cooperation.	Children can remember longer sequences. Prior dance experience supports refinement. This develops performance quality. Sequencing and performance skills prepare children for more complex choreography
Year 2	Gymnastics - Linking	Linking actions develops fluency and control. It improves strength and coordination. Linking prepares learners for longer routines.	Children can combine skills safely. Body awareness is well developed. This supports higher-quality gymnastics.
Year 2	Ball Skills - Hands	Improved accuracy supports effective game play. Ball control builds confidence and decision-making. These skills transfer across sports.	Through multiple learning opportunities children can apply technique consistently. Increased challenge supports progression. This prepares learners for striking games.
Year 2	Rackets, Bats and Balls	Striking develops timing and coordination. It requires tracking and force control. These skills apply across many sports.	Children can judge moving objects. Hand-eye coordination is secure. This allows introduction of striking equipment.
Year 2	Games for Understanding	Games develop teamwork and tactical awareness. Both build confidence and independence.	This prepares children for KS2 as they are introduced to invasion games. It helps them understand the importance of applying rules when showcasing skills.
Year 3	Invasion Games - Tag Rugby	It develops teamwork and spatial awareness. Passing and evasion skills are refined. Rugby introduces tactical thinking.	Children can follow rules consistently. Prior games experience supports cooperation. This builds confidence in invasion games. It allows the children to build on their basic ball handling and dodging skills from KS1.
Year 3	Dance	Dance encourages creativity and expression while developing rhythm and coordination. This unit helps children connect movement with music and storytelling, enhancing their emotional and social skills.	Children can explore different themes and styles of dance, fostering a love for movement and performance. This prepares them for more structured dance activities in later years.
Year 3	Outdoor Adventurous Activities	Orienteering develops navigation skills and promotes outdoor activity. This unit encourages exploration and appreciation of the environment, teaching children to work independently and as part of a team.	It fosters problem-solving skills and resilience as children learn to navigate and complete challenges in unfamiliar settings. This unit enhances their confidence in outdoor environments.
Year 3	Gymnastics - Symmetry and Asymmetry	Teaches balance and body awareness through movement exploration. This unit enhances children's understanding of body control and spatial awareness, which are crucial for various sports.	It encourages creativity and exploration in movement, allowing children to express themselves while developing essential physical skills.
Year 3	Striking - Golf	Introduces precision and focus through a low-impact sport. This unit enhances children's hand-eye coordination and promotes patience and strategic thinking.	Children learn to set personal goals and improve their skills in a supportive environment, fostering a love for the sport.
Year 3	Striking and Fielding	Develops teamwork, coordination, and strategic thinking through a popular sport. This unit engages students in a culturally relevant sport, promoting inclusivity and participation.	Children learn the importance of fair play and sportsmanship, enhancing their social skills and confidence in team settings.
Year 3	Athletics	Reinforces fundamental skills necessary for various sports. This unit allows children to explore different techniques and improve their overall athletic performance.	It encourages children to take risks and try new activities, building confidence in their physical abilities. This unit lays the foundation for more advanced skills in athletics and other sports.
Year 4	Invasion Games - Basketball	Basketball develops passing and decision-making skills. It reinforces invasion game principles, enhancing fitness and teamwork. These skills are crucial for effective gameplay in various sports.	Students can apply tactics learned from previous games. Their prior experience supports understanding of strategic play, which increases their ability to make quick decisions on the court. Basketball develops strategic thinking and coordination, which are applied in later invasion games like hockey or football.

Year 4	Gymnastics	Gymnastics develops strength and flexibility, while also enhancing balance and coordination. This unit encourages creativity and control through body movement.	Working safely and effectively in collaborative settings is essential. Students' collaboration skills are secure, supporting their ability to explore movement fundamentals. This lays the groundwork for more complex gymnastics skills later.
Year 4	Outdoor Adventurous Activities	OAA promotes navigation skills, teamwork, and problem-solving. It encourages independence and resilience in unfamiliar environments.	Students are now ready to work collaboratively in outdoor settings. Their prior experiences in team sports support their ability to communicate and cooperate effectively. This unit enhances their confidence in outdoor activities and fosters a love for exploration.
Year 4	Dance	Dance develops control, expression, and performance quality. It builds confidence through presentation and encourages creativity in movement.	Refining movements and performance quality is key at this stage. Previous dance experience supports complexity, improving overall performance. This preparation for more advanced choreography and performance in KS2 and beyond enhances their creative expression.
Year 4	Net and Wall	Net games like tennis develop accuracy and anticipation. Rallying requires coordination and stamina, introducing competitive skills that are essential for future sports.	Sustaining play effectively is crucial for skill development. Students' striking skills are secure, increasing the challenge and preparing them for sustained rallies and strategic gameplay in other sports. Tennis builds on prior racket and striking skills, enhancing overall physical literacy.
Year 4	Striking and Fielding - Rounders	Rounders combine striking and fielding skills, developing tactical thinking and reinforcing team roles. This unit promotes understanding of game dynamics and teamwork.	Understanding the structure of the game is vital for success. Students' cooperation skills are strong, which supports competitive games and enhances their ability to work as a team. Rounders consolidate batting, fielding, and teamwork skills, supporting competitive invasion and striking games in later years.
Year 4	Athletics	Athletics focuses on refining technique and performance. Goal setting is encouraged, and resilience is developed through various athletic events.	Analysing results and evaluating performance independently is a key skill. Physical maturity supports their ability to take on more challenging tasks, preparing them for upper KS2. Athletics now focuses on refining technique, linking prior locomotor skills to advanced competitive performance.
Year 5	Invasion - Tag Rugby	Tag rugby develops advanced tactics, emphasising teamwork and leadership while improving physical fitness. This unit prepares students for more competitive play.	Strategic decision-making is crucial in this sport. Previous invasion games support their comprehension of tactics, increasing the complexity of their gameplay. Advanced tag rugby builds on prior invasion games, developing tactical awareness and leadership for competitive sports.
Year 5	Dance	Dance fosters creativity and leadership, enhancing communication and collaboration skills. These skills are essential for success in both individual and team settings.	Planning and leading activities effectively is a vital skill. Evaluation skills are secure, supporting independence in movement and decision-making. This strengthens problem-solving and leadership skills in movement, supporting self-led PE activities.
Year 5	Outdoor Adventurous Activities	Creativity and leadership are developed. Communication is essential. Collaboration supports success.	Learners can plan and lead. Evaluation skills are secure. This supports independence. This strengthens

			problem-solving and leadership skills in movement.
Year 5	Gymnastics	Flight skills develop power and coordination, refining safe landing techniques and building confidence in physical abilities. This unit prepares students for more complex gymnastics routines.	Sufficient strength and prior gymnastics skills allow for safe engagement in more challenging activities. This readiness enables them to take on higher-level challenges.
Year 5	Health Related Exercise	Understanding fitness supports lifelong health. Knowledge empowers informed choices about physical activity and encourages responsibility for personal wellbeing.	Approaching transition to secondary school, students' independence is increasing. This prepares them for KS3 by consolidating their understanding of health and fitness, underpinning lifelong activity habits and more advanced PE planning.
Year 5	Striking and Fielding	Cricket applies advanced skills and tactics, strengthening teamwork and resilience. This unit requires strategic thinking and enhances students' understanding of game dynamics.	Managing complexity in gameplay is essential for success. A secure understanding of rules and roles supports competitive performance, preparing them for high-level tactical games. Advanced cricket builds on prior striking, fielding, and teamwork skills, supporting high-level tactical games.
Year 5	Athletics	Managing complexity in gameplay is essential for success. A secure understanding of rules and roles supports competitive performance, preparing them for high-level tactical games. Advanced cricket builds on prior striking, fielding, and teamwork skills, supporting high-level tactical games.	Evaluating progress independently is a key skill at this stage. Physical readiness supports performance, completing KS2 progression and ensuring they are prepared for KS3 competitive PE. Athletics consolidates all prior locomotor, coordination, and power skills, preparing pupils for competitive performance in secondary school.
Year 6	Invasion - Basketball	Basketball enhances advanced teamwork, coordination, and strategic thinking in a dynamic environment. This unit promotes fitness and builds strong social connections among peers.	Students are now able to analyse game situations and make informed decisions quickly. Their previous experiences in invasion games allow them to implement strategies effectively, preparing them for competitive play in various sports.
Year 6	Dance	The carnival theme integrates physical activity with creative expression, allowing students to showcase their individuality and cultural backgrounds. This unit fosters a sense of community and celebration.	Students can collaborate on performances, enhancing their teamwork and communication skills. This experience encourages them to take ownership of their learning and develop confidence in public settings.
Year 6	Outdoor Adventurous Activity	Problem-solving activities cultivate critical thinking, adaptability, and effective communication. This unit challenges students to work together to overcome obstacles, fostering resilience and teamwork.	Students are equipped to tackle complex challenges that require innovative solutions. Their ability to collaborate and support each other is strengthened, preparing them for leadership roles in future group activities.
Year 6	Gymnastics	This unit focuses on enhancing balance, coordination, and body awareness through creative movement. It encourages students to explore their physical capabilities and express themselves artistically.	Students can refine their movements and develop a deeper understanding of spatial awareness. This prepares them for more advanced choreography and performance in future dance and physical activities.
Year 6	Net and Wall	Tennis develops precision, anticipation, and strategic gameplay. This unit introduces competitive elements that are essential for future sports participation and enhances overall physical literacy.	Students are now capable of sustaining rallies and applying tactical strategies during matches. Their prior experiences with racket sports support their confidence in engaging with more complex gameplay scenarios.
Year 6	Striking and Fielding	Rounders combine striking and fielding skills, fostering tactical awareness and reinforcing team dynamics. This unit deepens students' understanding of game strategies and teamwork.	Students can effectively apply their knowledge of game rules and strategies in competitive settings.

			This unit enhances their ability to work cohesively as a team, preparing them for high-level competition in future sports.
Year 6	Athletics	Athletics consolidates skills across various disciplines, promoting personal goal setting and self-assessment. This unit celebrates student achievements and encourages a lifelong commitment to fitness.	Students are encouraged to reflect on their progress and set personal challenges. Their physical maturity supports their ability to engage in advanced competitive events, ensuring they are well-prepared for the transition to KS3. Athletics integrates all prior locomotor, coordination, and power skills, setting the stage for future athletic success.