







Curriculum

Physical Education Multi-skills Year Overview

Phase 4	Core and Extended	2023/24	2024/25	2025/26
Autumn		To develop communication skills in small groups or pairs.	To be able to change direction at speed (agility) e.g. during a range of 1v1 activities.	To begin to compete against others in a range of challenging situations.
Spring		To demonstrate basic control with a ball.	To change direction of the ball. (E.g. turn with a football or basketball.)	To be able to listen to rules of a game and respond appropriately (e.g. pupil can play a game without an adult)
Summer		To engage in cooperative physical activities in pairs and in small teams.	To demonstrate coordination hand eye and foot pattern (co-ordination)	To begin to follow rules and play in a range of sports. E.g. football, basketball and hockey.




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Phase 3	Core and Extended	2023/24	2024/25	2025/26
Autumn		To work, play and engage in activities alongside others during structured activities.	<i>To copy and repeat simple skills to show agility, balance and co-ordination.</i>	<i>To take part in a range of problem solving activities.</i>
Spring		To be able to turn take in small group sessions.	<i>To be able to change direction at speed with some control.</i>	<i>To demonstrate basic control with a ball e.g. running with the ball/bouncing the ball.</i>
Summer		<i>To move at different speeds whilst running, skipping, and jumping.</i>	<i>I can throw, catch and kick a ball in a range of small drills</i>	To show more awareness of the aims and roles in games or activities.

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Phase 2	Core and Extended	2023/24	2024/25	2025/26
Autumn		To demonstrate positive play skills in a range of free play activities.	To can focus on the messenger, (e.g. Pupil knows they should look at who is talking).	To stop, start and go on leads command.
Spring		To stop and start using visuals or music during a range of free play activities.	To stop start and go using visuals in structured play activities.	To follow simple instructions in a range of play activities
Summer		To master basic movements of running and jumping during a range of free play activities.	To be able to turn take with 1-1 support.	To develop throwing and catching skills. .