



Fir Tree Physical Education Overview 2026 – 2027

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Movement Fundamentals	Ball Skills	Team games	Dance	Athletics	Gymnastics
Year 1	Movement Skills	Ball Skills	Invasion Games	Dance	Athletics	Gymnastics
Year 2	Movement Skills	Ball Skills	Invasion Games	Dance	Athletics	Gymnastics
Year 3	Football & Netball	Dance & Hockey	Gymnastics & Basketball	Handball & Tag Rugby	Athletics & Rounders	Cricket & Dodgeball
Year 4	Football & Netball	Dance & Hockey	Gymnastics & Basketball	Handball & Tag Rugby	Athletics & Swimming	Cricket & Swimming
Year 5	Football & Netball	Dance & Hockey	Gymnastics & Basketball	Handball & Tag Rugby	Athletics & Rounders	Cricket & Dodgeball
Year 6	Football & Netball	Dance & Hockey	Gymnastics & Basketball	Handball & Tag Rugby	Athletics & OAA	Cricket & Dodgeball



Fir Tree's Physical Education Curriculum

At Fir Tree Primary School, Physical Education is an integral part of school life and plays a vital role in promoting pupils' physical, social and emotional wellbeing. Our curriculum is designed to inspire all children to develop a lifelong enjoyment of physical activity while equipping them with the knowledge, skills and confidence to lead healthy, active lives.

From the Early Years Foundation Stage through to Year 6, pupils follow a carefully sequenced curriculum that develops fundamental movement skills before applying them in a range of increasingly challenging physical activities. As children progress through the school, they build competence in movement, coordination, balance, agility and teamwork, alongside developing tactical awareness, resilience and leadership.

In the Early Years Foundation Stage, children develop their physical skills through a wide range of practical and play-based experiences that support the Physical Development area of learning. These experiences provide the foundations for future success in PE by developing confidence, coordination, balance and control.

Throughout Key Stages 1 and 2, PE is taught using The PE Hub, a comprehensive and progressive scheme of learning that develops pupils' physical competence, confidence and enjoyment of being active. Pupils experience a broad and balanced curriculum that includes games, dance, gymnastics, athletics, outdoor and adventurous activities and swimming. Learning is carefully sequenced to ensure that skills are revisited and developed over time, allowing pupils to make sustained progress throughout their primary education. Physical Education at Fir Tree goes beyond developing sporting ability. Pupils learn the importance of teamwork, communication, determination, respect and fair play. They are encouraged to challenge themselves, persevere when learning new skills and reflect on their own performance to identify ways to improve.

Swimming forms an important part of our curriculum, with Year 4 pupils receiving swimming lessons to develop water confidence, swimming technique and an understanding of water safety. Outdoor and Adventurous Activities are also incorporated into the curriculum, providing opportunities for pupils to develop problem-solving, teamwork and leadership skills in different environments.

Teachers use a progressive scheme of learning to ensure that knowledge and skills build systematically across the school. Lessons are adapted to provide appropriate challenge and support for all learners, enabling every child to experience success and develop confidence in physical activity.

Alongside curriculum PE, pupils are encouraged to participate in a wide range of extra-curricular clubs, festivals and competitive sporting events, allowing them to apply their skills, represent the school and foster a lifelong enjoyment of sport and physical activity.

By the end of primary school, pupils will have developed the physical competence, confidence and resilience to participate successfully in a range of activities, understand the importance of leading a healthy and active lifestyle, and demonstrate the values of respect, teamwork and perseverance both in sport and in everyday life.