

Charles Saer Overview – PE 2025/26

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor Aims of Unit	<p>Gross Motor skills.</p> <p>Children will be assessed and develop basic FMS skills.</p> <p>Children will focus on hopping with both feet, jumping and climbing with confidence.</p>	<p>Gross Motor skills.</p> <p>Children will be assessed and develop basic FMS skills.</p> <p>Children will focus on making a range of shapes on small body parts, to perform a range of gymnastic rolls, climb with confidence and throw with increasing accuracy.</p>	<p>Gross Motor skills.</p> <p>Children will be assessed and develop basic FMS skills.</p> <p>Children will focus on hopping with both feet, jumping and climbing with confidence.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include catching with increasing accuracy, performing the basic skill of jumping, to throw and climb.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include travelling on hands and feet, rolling in a variety of ways and underarm and overarm throw.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include jumping, running, skipping, hopping and climbing under, over and through equipment.</p>
	EYFS Fundamental Movement Skills	FMS- Elmer	FMS- Castles	FMS- Rumble in the Jungle	FMS- Space	FMS- Rosie's Walk
Outdoor Aims of Unit	<p>Play outdoors using climbing equipment in both outside areas</p> <p>Explore and manipulate malleable materials.</p>	<p>Play outdoors using climbing equipment in both outside areas</p> <p>Explore and manipulate malleable materials.</p>	<p>Play outdoors, moving in a variety of ways, and using climbing and balancing equipment.</p>	<p>Play outdoors, moving in a variety of ways, and using climbing and balancing equipment.</p>	<p>Play outdoors, moving in a variety of ways, and using climbing and balancing equipment.</p>	<p>Play outdoors, moving in a variety of ways, and using climbing and balancing equipment.</p>

Charles Saer Overview – PE 2025/26

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Indoor Aims of Unit</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include hopping, overarm/underarm throw, jumping, catching and climbing.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>Children will focus on balancing on small and large body parts, to practise throwing with increasing accuracy and to climb under and over equipment.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include travelling in a variety of ways, to balance on both large and small body parts and practice throwing. Pupils will also revise the fundamental movement skills covered already.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include catching with increasing accuracy, performing the basic skill of jumping, to catch a large ball and roll in a variety of ways.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include travelling on hands and feet, to perform a variety of gymnastic rolls, show increasing control over an object and to underarm throw with accuracy.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include travelling on hands and feet, to perform a variety of gymnastic rolls, climbing nursery climbing equipment, to show increasing control over an object and to overarm throw with accuracy.</p>
	EYFS Fundamental Movement Skills	FMS- How to catch a star	FMS- Hungry Caterpillar	FMS- Mini Beasts	FMS- Seaside	FMS- Transport
<p>Outdoor Aims of Unit</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include hopping, overarm/underarm throw, jumping, catching and climbing.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>Children will focus on balancing on small and large body parts, to practise throwing with increasing accuracy and to climb under and over equipment.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include travelling in a variety of ways, to balance on both large and small body parts and practice throwing. Pupils will also revise the fundamental movement skills covered already.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include catching with increasing accuracy, performing the basic skill of jumping, to catch a large ball and roll in a variety of ways.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include travelling on hands and feet, to perform a variety of gymnastic rolls, show increasing control over an object and to underarm throw with accuracy.</p>	<p>Children will be assessed and develop basic FMS skills.</p> <p>This will include travelling on hands and feet, to perform a variety of gymnastic rolls, climbing nursery climbing equipment, to show increasing control over an object and to overarm throw with accuracy.</p>

Charles Saer Overview – PE 2025/26

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is delivered in the FMS units.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions, <i>e.g. two jumps, or two rolls.</i>	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions, <i>e.g. two jumps, or two rolls.</i>	Children will develop basic game-playing skills, in particular the FMS of rolling a ball. They play games based on net games and striking and fielding games.	Children will explore basic body actions, <i>e.g. jumping and turning</i> , and use different parts of their body to create and repeat short dances.	Children will perform the 10 FMS skills and take part in simple challenges.
	Baseline Unit – Lost and Found	Gymnastic Activities – Through the 'Making Shapes' core task	Gymnastic Activities – Through the 'Making Shapes' core task	FMS Unit – Rolling a ball	Dance Activities – Three Little Pigs	Baseline Unit – Lost and Found Revisit for FMS assessment.
Outdoor Aims of Unit	Children will develop basic game-playing skills, in particular the FMS of kicking a ball. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using	Children will explore running, jumping, and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing, and jumping.

Charles Saer Overview – PE 2025/26

				them to outwit others.	them to outwit others.	
	FMS Unit – Kicking unit	FMS Unit – Overarm throw	FMS Unit – Underarm throw	FMS- Tri Throlf	FMS- Zog	Athletic Activities – Through the 'Honey Pot' core task

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is delivered in the FMS units.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions, <i>e.g. two jumps, or two rolls.</i>	Children will explore basic body actions, <i>e.g. jumping and turning</i> , and use different parts of their body to create and repeat short dances.	Children will develop basic game-playing skills, in particular the FMS of bouncing a ball. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of bouncing, kicking, throwing and catching a ball. They play games based on net games and striking and fielding games.	Children will perform the 10 FMS skills and take part in simple challenges.
	Baseline Unit – Supertato	Gymnastic Activities – Core task 1	Dance- Explorers	FMS Unit – Bounce a ball	FMS- Jack and the beanstalk	FMS Assessment- End of KS1 assessment
Outdoor Aims of Unit	Children will develop basic game-playing skills, in particular the FMS of kicking a ball. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will	Children will take part in a range of problem-solving skills The tasks they tackle will require more teamwork, with	Children will explore running, jumping, and throwing activities, and take part in simple challenges and competitions. They experiment with

Charles Saer Overview – PE 2025/26

			striking and fielding games.	continue to practice and refine their FMS and techniques, using them to outwit others.	clearly defined roles and responsibilities.	different ways of travelling, throwing, and jumping.
	FMS Unit – Kicking unit	Games- Piggy in the middle	Games- Striking and Fielding	FMS- Playground games in the 20th century	OAA- The Great Outdoors	Athletics- Y2 Athletics

Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor Aims of Unit	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching and will learn new invasion game sport specific techniques.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions, <i>e.g. two jumps, or two rolls.</i>	Children perform dances, focusing on creating, adapting, and linking a range of dance actions. Children concentrate on combining and linking phrases of movement fluently and with control.	Children will develop basic game-playing skills, in particular the FMS of bouncing a ball. They play games based on net games and striking and fielding games.	Children perform dances, focusing on creating, adapting, and linking a range of dance actions. Children concentrate on combining and linking phrases of movement fluently and with control.	Children should concentrate on developing good basic running, jumping, and throwing techniques. Children will develop their technical understanding across all areas of athletics.
	Invasion Games- Rugby	Gymnastic Activities – Y3 Core task 1 Y4 core task 1	Dance- Myths and legends	Net and Wall- Unit core task 2	Dance- Rock and Roll	Y3/4 Athletics
Outdoor- Year 3 Swimming Y4	Children will develop basic game-playing skills, in particular the FMS of kicking a ball. They play games based	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play	Children will develop basic game-playing skills, in particular the FMS of throwing	Children will take part in a range of problem-solving skills The	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play	Children will explore running, jumping, and throwing activities, and take part in simple

Charles Saer Overview – PE 2025/26

	on net games and striking and fielding games.	games based on net games and striking and fielding games.	and catching. They play games based on net games and striking and fielding games.	tasks they tackle will require more teamwork, with clearly defined roles and responsibilities.	games based on net games and striking and fielding games.	challenges and competitions. They experiment with different ways of travelling, throwing, and jumping.
	Invasion Games- Basketball	Target Games- Dodgeball	Invasion Games- 3 touch ball	OAA- Trust and Trails	Target Games- Boccia	Striking and fielding- rounders

Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor Aims of Unit	<p>Y5 - Children learn different styles of dance and focus on dancing with other people. They create, perform, and watch dances in a range of styles, working with partners and groups. They will also develop their knowledge of how props, costume, design, and music enrich dance.</p> <p>Y6 - Children will focus on using different visual images as the starting point for composing, performing, and watching dance.</p>	Children will develop a wider range of actions and use their skills and agilities individually, and in sequence with a partner. Children will create longer sequences with a partner to perform paired balances for an audience.	In this unit the children will apply their knowledge and understanding of invasion games from Year 5 and create their own games, which follows invasion games principles.	Children will develop a wider range of actions and use their skills and agilities individually, and in sequence with a partner. Children will create longer sequences with a partner to perform paired balances for an audience.	<p>Y5 - Children learn different styles of dance and focus on dancing with other people. They create, perform, and watch dances in a range of styles, working with partners and groups. They will also develop their knowledge of how props, costume, design, and music enrich dance.</p> <p>Y6 - Children will focus on using different visual images as the starting point for composing, performing, and watching dance. They will extend the range of movements they use and develop new</p>	Children will focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping, and throwing activities.

Charles Saer Overview – PE 2025/26

	They will extend the range of movements they use and develop new skills in working with a partner, including taking weight, supporting, leaning, balancing, and lifting.				skills in working with a partner, including taking weight, supporting, leaning, balancing, and lifting.	
	Dance Activities – Food Glorious Food	Gymnastic Activities– Y5 Core task 1	Invasion Games- Rugby 2	Gymnastic Activities – Y6 Core task 1	Dance- Seaside	Athletic Activities – Through the ‘Three Run Challenge’ core task
Outdoor Aims of Unit	<p>Y5 - Children will learn how to work well as a team when attacking, and explore a range of ways to defend. The play uneven-sided games leading to 5V4 or 4V3. Children will also learn a wider range of sport specific techniques for passing, dribbling, and shooting, and will learn to apply basic principles for attacking and defending.</p> <p>Y6 - Children will improve their defending and attacking play. They</p>	<p>Y5 - Children will learn how to work well as a team when attacking, and explore a range of ways to defend. The play uneven-sided games leading to 5V4 or 4V3. Children will also learn a wider range of sport specific techniques for passing, dribbling, and shooting, and will learn to apply basic principles for attacking and defending.</p> <p>Y6 - Children will improve their defending and attacking play. They</p>	Children develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Throughout, there is an emphasis on building trust and working as a team.	<p>Y5 - Children will work on their control of their equipment e.g racket and ball. Children will also learn a wider range of sport specific techniques for passing, hitting, and aiming, and will learn to apply basic principles for attacking and defending.</p> <p>Y6 - Children will improve their defending and attacking play. They start to play even sided mini versions of invasion games.</p>	Children will develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicket keeper, fielder, and batter. Children will focus on developing their technique and using a wider range of shots, working in larger teams for some of the time. They will concentrate on developing their bowling technique and using tactics as a fielding team.	<p>Y5 - Children will work on their control of their equipment e.g racket and ball. Children will also learn a wider range of sport specific techniques for passing, hitting, and aiming, and will learn to apply basic principles for attacking and defending.</p> <p>Y6 - Children will improve their defending and attacking play. They start to play even sided mini versions of invasion games.</p>

Charles Saer Overview – PE 2025/26

	<p>start to play even sided mini versions of invasion games.</p> <p>In all games activities, children think about how to use skills, strategies, and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.</p>	<p>start to play even sided mini versions of invasion games.</p> <p>In all games activities, children think about how to use skills, strategies, and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.</p>		<p>In all games activities, children think about how to use skills, strategies, and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.</p>		<p>In all games activities, children think about how to use skills, strategies, and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.</p>
	<p>Invasion Games – Football</p>	<p>Invasion Games – Creative Games</p>	<p>OAA Activity Problem solving activity 1</p>	<p>Net and Wall– Tennis</p>	<p>Striking and Fielding- Cricket</p>	<p>Net and wall- Badminton</p>