PE INTENT 2025/2026

INTENT Our teaching of PE should enable pupils to…		• Master the physical skills associated with Physical Activity (Move) • Enhance cognitive skills and achieve personal bests by developing ideas, strategies, and solutions to challenges (Solve) • Cooperate and collaborate effectively as part of a team (Connect)	
Year / Unit of work	Move / Physical	Solve / Problem Solving	Connect / Communication
EYFS Play, Move, Explore	• Use my body to move in different ways • Explore different ways of moving when playing a game • Try new ways of moving myself and objects	• Follow the rules and instructions in an activity • Suggest a new rule or instruction in an activity • Say something that will make our activity fair	• Say someone who has helped me in an activity • Tell other people my thoughts and ideas • Share spaces and equipment with others
Y1 Run, Jump, Throw	• Run with speed and control • Jump in different ways with control • Throw an object with control	• Run quickly in different directions • Change the way I jump depending on the task • Adapt the distance of my throw	• Compete with and against others • Show perseverance • Set my own level of challenge
Agility, Balance, Coordination	• Explore and perform a range of agility-based activities • Explore and perform a range of balance-based activities • Explore and perform a range of coordination-based activities	• Identify three different agility activities and their benefits • Identify three different balance activities and their benefits	• Show willingness to participate in a range of activities • Show a positive attitude towards activities that may be difficult to achieve

		• Identify three different coordination activities and their benefits	• Encourage others during the activities we take part in
<u>Y2</u> Run, Jump, Throw	• Run with speed and control • Jump in different ways with control • Throw an object with control	• Run quickly in different directions • Change the way I jump depending on the task • Adapt the distance of my throw	• Compete with and against others • Show perseverance • Set my own level of challenge
Agility, Balance, Coordination	• Use my agility to complete activities with speed • Use my balance skills to complete activities with control and stability • Use coordination to complete activities with success and control	• Recognise how different agility activities develop skills that can be applied to other activities • Recognise how different balance activities develop skills that can be applied to other activities • Recognise how different coordination activities develop skills that can be applied to other activities	• Share ideas with others on how practice can support development • Act as a role model to others within my group by working hard • Ask others for advice on how to improve
<u>Y3</u> Run, Jump, Throw	• Run with speed and control • Jump in different ways with control • Throw an object with control	• I can run quickly in different directions • Change the way I jump depending on the task • Adapt the distance of my throw	• Compete with and against others • Show perseverance • Set my own level of challenge
Agility, Balance, Coordination	• Move confidently and competently in multiple directions • Maintain my balance using different body parts through a range of movements • Show consistent control of myself and objects within different challenges	• Show ways to move quickly in multiple directions and contexts • Decide which movements I can perform most effectively with different body parts • Adopt my body and movements to best suit different objects and activities	• Explain to others where improvements in performance can be made • Discuss activities where I had more or less success • Show creativity to adapt challenges to suit my own and other's ability

<u>Y4</u> Accuracy, Power, Distance	• Throw an object with accuracy at a desired target • Throw an object with power at a desired target • Throw an object over a distance with power and accuracy	• Identify the most suitable type of throw to use • Change the type of throw depending on the power needed • Explore a range of equipment to compare performance	• Discuss with a partner how I can improve my success • Create rules and challenges in a game • Persevere with challenges that may be tricky
Agility, Balance, Coordination	• Move confidently and competently in multiple directions • Maintain my balance using different body parts through a range of movements • Show consistent control of myself and objects within different challenges	• Show ways to move quickly in multiple directions and contexts • Decide which movements I can perform most effectively with different body parts • Adapt my body and movements to best suit different objects or activities	• Explain to others where improvements in performance can be made • Discuss activities where I had more or less success • Show creativity to adapt challenges to suit my own and other's ability
<u>Y5</u> Speed, Distance, Strength	• Run, jump and throw with speed and strength • Explore specific running, jumping and throwing techniques • Use specific running, jumping and throwing techniques	• Experiment with techniques to find success • Apply techniques to achieve the most success • Select and apply appropriate techniques for the task	• Select an appropriate level of challenge for myself • Collaborate and compete successfully with others • Support others by providing feedback to improve performances
Athletics	• Experiment with different speeds when pacing • Vary my pace depending on the task / event • Participate in a range of athletics events	• Experiment with techniques to find success • Apply techniques to achieve the most success • Select and apply appropriate techniques for the task	• Share ideas with your group • Give feedback that will support your group whilst running • Give feedback that will support your group before/after running

<u>Y6</u> Speed, Distance, Strength	• Run, jump and throw with speed and strength • Explore specific running, jumping and throwing techniques • Use specific running, jumping and throwing techniques	• Experiment with techniques to find success • Apply techniques to achieve the most success • Select and apply appropriate techniques for the task	• Select an appropriate level of challenge for myself • Collaborate and compete successfully with others • Support others by providing feedback to improve performances
Athletics	• Experiment with different speeds when pacing • Vary my pace depending on the task / event • Compete in a range of Sports hall athletics-based events	• Experiment with techniques to find success • Apply techniques to achieve the most success • Select and apply appropriate techniques for the task	• Share ideas with your group • Give feedback that will support your group whilst running • Give feedback that will support your group before/after running