PE INTENT / COHERENCE / PROGRESSION 2025/2026 – Spring 1

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 Acro dance / gymnastics	• Show Forwards Roll With Control Preparation and Landing • Show Control Balance On Balance Beam on 1 or 2 legs • Demonstrate Key Acrobatic Shapes With Assistance	• Follow instructions in the warm up song • Be able to confidently make a choice of what skill I want to demonstrate	• Say which is my favourite skill • Talk about what muscles areas we use in different skills • Work in a small group to create basic balance
Y1 Acro dance / gymnastics	• Show forwards and backwards roll with control on preparation and landing • Demonstrate correct technique on handstand and cartwheel drills • Balance on 1 leg for 5 seconds (retire or arabesque position)	• Follow instructions in the warm up song • Plan a sequence to follow on the balance beam • Create a sequence connecting 2 skills together	• Talk about what muscle groups we use in different skills • Congratulate a friend on completing a skill • Work in a small group to create a balance and take turns or swapping places and roles
Fair, Share, Dare	• Explore what is it is to be fair within a game • Explore the importance of turn taking in a game • Explore new activities, new challenges and new games	• Identify when something is not fair • Identify when sharing is needed • Identify when to take a risk in a game or activity	• Explain how I feel when something isn't fair • I can feel happy when others share with me • Show willingness to try new activities and overcome challenges

Y2 Acro dance / gymnastics	• Show good control and technique on basic skills including fwd,bwd rolls and bridges • Develop flexibility through a range of stretches • Use strength and flexibility in partner balances	• Identify what might cause partner balances to feel unstable • Recognise what muscle groups we need to stretch for each skill • Create a sequence connecting 2 skills together	• Watch a friend and give feedback on one of their skills • Explain why we need flexibility in gymnastics and acrobatics • Show a confident balance in a small group in front of friends
Fair, Share, Dare	• Use fairness in game situations • Use my sharing skills when playing games • Use new activities as an opportunity to improve	• Recognise when others are not playing by the rules • Recognise when it is important to take turns in a game • Recognise the importance of taking risks in games	• Understand how others may feel when games are not played fairly • Explain how I would feel if others did not share with me • Display confidence by learning new skills
Y3 Acro dance / gymnastics	• Show good control and technique on skills including, rolls, bridges, handstands and cartwheels • Develop flexibility through a range of stretches • Use strength and flexibility in partner balances	• Within a group create a routine that combines skills and a balance to music • Recognise what muscle groups we need to stretch for each skill • Perform using controlled technique	• Reflect on another groups routine as well as my own • Use feedback from a friend to improve my skills • Work in a small group and ensure everyone has inputted an idea
Fair, Share, Dare	• Develop my ability to play fairly in game situations • Develop my ability to share when appropriate • Develop my ability to take risks in games	• Select the correct fundamentals to use in game situations • Select the opportunity to share with others • Select opportunities to take risks in games	• Model fair play during games • Explain how someone may feel if they were not included by the rest of the team • Control my emotions when decisions may go against me or my team
Y4 Acro dance / gymnastics	• Explore drills for harder skills including front and back walkovers • Develop flexibility and strength through partner stretches and conditioning • Explore variations of basic skills to add technique or difficulty	• Explore what components can be added to a basic skill to make them more difficult • Enhance the difficulty of 2 previously learnt skill by adding the above changes	• Watch and feedback to a friend's group on their sequence highlighting both areas for improvement and good attributes • Give friends instructions, watch and assist when attempting paired balances

		• Create a group sequence with the enhanced skills	• Explain what is needed to complete certain skills safely and with the correct technique
Fair, Share, Dare	• Apply my ability to play fairly in a range of games and activities • Apply my ability to share in a range of games and activities • Apply my ability to take risks in a range of games and activities	• Decide when it is appropriate to increase my work rate to inspire and motivate others • Decide when it is appropriate to share with the rest of my team • Decide when to take risks in a game to help my team be successful	• Explain what fair play is and why rules are important • Explain why sharing is important and how to make others feel involved • Explain how I should react to set backs and why this is important when taking risks in a game
Y5 Acro dance / gymnastics	• Explore drills for harder skills including front and back walkovers • Develop flexibility and strength through partner stretches and conditioning • Master basic skills and show progressions in their difficulty with enhanced technique	• Explain what is needed to complete certain skills safely and how this links to enhancing our skills in Acro • Explain what is needed to create fluidity in movements and sequences in Acrobatics • Create a small routine using skills suitable for my gymnastics level	• Explain why I used the skills in my routine based on the gymnastics level I am working at • Give constructive feedback highlighting key areas in peers work • Display confidence and positivity amongst yourself and towards peers when executing difficult and challenging skills
Fair, Share, Dare	• Embed my games-based learning into a range of activities • Embed the fundamental movements of running, twisting and dribbling • Embed the fundamental movements of bouncing, carrying and throwing	• Explain the importance of playing by the rules • Explain and implement strategies around point scoring • Explain the importance of challenging myself	• Play games fairly and with respect for my team-mates • Successfully include others within a game • Help others to challenge themselves
Y6 Acro dance / gymnastics	• Master higher level skills with use of correct technique and precision • Master technique within stretch and strengthening positions to optimise flexibility and strength • Embed use of technique in sequences and travelling steps	• Clearly give instruction to peers explaining correct technique for the skills they are demonstrating • Explain what is needed to create fluidity in movements and sequences in Acrobatics • Explain specific choices within self created routines	• Give constructive feedback highlighting key areas in peers work • Display confidence and positivity amongst yourself and towards peers when executing difficult and challenging skills

			• Effectively plan a routine involving balances with peers working collaboratively to create a routine highlighting each individual's skill set
Fair, Share, Dare	• Embed my games-based learning into a range of activities • Embed the fundamental movements of running, twisting and dribbling • Embed the fundamental movements of bouncing, carrying and throwing	• Explain the importance of playing by the rules • Explain and implement strategies around point scoring • Explain the importance of challenging myself	• Play games fairly and with respect for my team-mates • Successfully include others within a game • Help others to challenge themselves