PE INTENT / COHERENCE / PROGRESSION 2025/2026 – Summer 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 Explore Evade Escape	• Move and balance in different ways • Start and stop moving safely • Throw objects at a target and move safely	• Follow a sequence of instructions from an adult / peer • Follow the rules for a game • Select and collect equipment with other people	• Share my thoughts and ideas in a pair or small group • Think positively and believe I can succeed • Work and play cooperatively
Y1 Throw Prepare Catch	• Throw an object • Ready to catch an object • Catch an object	• Throw with control • Predict and move where an object will be • Understand how to use my body to catch	• Play with and against a partner • Keep trying to be successful • Increase my own / partners challenge
Send, Receive Return	• Send a ball with my hand/ racquet/bat • React to an object coming to me • Return a ball to begin to rally with a partner	• Show control over where I am sending a ball • Prepare my body ready to receive an object • Vary the direction of a return to my partner	• Take ownership of my level challenge • Support a partner with their level of challenge • Collaborate and compete with others
Y2 Send Receive	• Send a ball with my hand/ racquet/bat	• Show control over where I am sending a ball	• Take ownership of my level challenge

Return	• React to an object coming to me • Return a ball to begin to rally with a partner	• Prepare my body ready to receive an object • Vary the direction of a return to my partner	• Support a partner with their level of challenge • Collaborate and compete with others
Throw Prepare Catch	• Throw an object • Ready to catch an object • Catch an object	• Throw with control • Predict and move where an object will be • Understand how to use my body to catch	• Play with and against a partner • Keep trying to be successful • Increase my own / partners challenge
<u>Y3</u> Strike React Rally	• Strike a ball with my hand/racquet/bat • React to an object coming to me • Begin to rally with a partner	• Show control with where I am striking • Prepare my body ready to receive an object • Strike the ball so my partner can return it	• Keep trying when tasks are challenging • Show patience with myself and others • Show good teamwork to achieve our best score
Watch Move Connect	• Track objects thrown or struck by myself and others • Move with speed to gain or avoid objects • Consistently throw/catch and strike with control	• Watch for objects, players and spaces within a game • Know where to and when to move in a game • Use and move within the space effectively when working with others	• Link with other classmates effectively and lead my game • Can create positive challenge for others • Plan strategies and game tactics with others
<u>Y4</u> Strike React Rally	• Strike a ball with my hand/racquet/bat • React to an object coming to me • Begin to rally with a partner	• Show control with where I am striking • Prepare my body ready to receive an object • Strike the ball so my partner can return it	• Keep trying when tasks are challenging • Show patience with myself and others • Show good teamwork to achieve our best score
Swimming	• Swim competently, confidentially and proficiently over a distance of at least 25 meters • Use a range of strokes effectively (for example front crawl, backstroke and breaststroke) • Perform safe self-rescue in different water-based situations		
<u>Y5</u> Mini Tennis	• Watch the movement of a ball and adjust my position • Move my feet to get into a position to hit the ball effectively	• Consider how hard I will need to hit the ball to maintain control • Plan where to hit the ball and explain why	• Work effectively and cooperatively with a partner • Communicate with others effectively

	• Strike the ball over a 'net' in different ways	• Play with a partner effectively	• Challenge myself and show perseverance
Tchoukball	• Send and receive the ball effectively to a team-mate • Develop shooting skill and accuracy • Perform the three-step rule and combine with a pass / shot	• Select the most appropriate type of pass • Consider how angles/power will affect the rebound • Develop an awareness of the 'three step' rule	• To work together effectively as a team • To communicate effectively with others • To show resilience and challenge myself
<u>Y6</u> Mini Tennis	• Watch the movement of a ball and adjust my position • Move my feet to get into a position to hit the ball effectively • Strike the ball over a 'net' in different ways	• Consider how hard I will need to hit the ball to maintain control • Plan where to hit the ball and explain why • Play with a partner effectively	• Work effectively and cooperatively with a partner • Communicate with others effectively • Challenge myself and show perseverance
Tag Rugby	• Send the ball effectively to a partner • Move while keeping an object under control • Combine ball carrying and passing in a game	• Decide when to run with the ball or when to pass to a teammate • Find good positions to receive the ball from a teammate • Understand and implement the backwards pass rule	• Work together effectively as a team • Communicate effectively with others • Show resilience and challenge myself