



Thursby Primary School

Whole School Overview – Physical Education



Below is an overview of the learning focus for each half term in each class.

Class teachers may choose to adapt the learning focus to suit their class but must ensure full coverage.

2025-2026	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Class 1 Nursery and Reception	Introduction to PE Unit 2	Gymnastics (with coach)	Gross and fine motor skills through physical development activities	Gymnastics (with coach)	Fundamentals Unit 2	Large apparatus working on gross motor skills and navigating equipment	Dance Unit 2	Balanceability	Athletics – linked to sports day	Drumba	Ball Skills Unit 2	Games Unit 2
Key Vocabulary	Catch, direction, partner, path, rules, safely, score, space, stop	Travel, small, tall, wide, stretch, straddle, rocking, roll, bunny hop, bear walk, balance, bounce, jump, land	Balance, big, climb, crawl, jump, small, step	Travel, small, tall, wide, stretch, straddle, rocking, roll, bunny hop, bear walk, balance, bounce, jump, land	Balance, bend, crawl, fast, hop, jump, land, rules, run, safely, slide, slow, stop	Balance, big, climb, crawl, grab, jump, small	Actions, beat, counts, direction, fast, finish position, high, low, quickly, shape, slowly, start position, travel	Balance, saddle, handlebars, brakes, pedal, over, under, up, down, forwards, backwards, sideways, high, medium, low, near to, far from, through, at the side of, steer	Balance, bend, direction, fast, hop, jog, jump, land, run, safely, slow, space, stop, target, throw	Awareness, beat, breathe, breathing heavier, copying, exercise, gripping, heartbeat, hitting, holding, moving, pulse, routine, shape, space, striking	Ball, catch, dribble, kick, partner, ready, roll, safely, score, space, target, throw	Aim, gallop, hit, hop, jump, lose, partner, run, safely, score, stop, tag, target, team, win
Class 2 Year 1 and 2	Fundamentals Year 2	Gymnastics (with coach)	Drumba Year 2	Gymnastics (with coach)	Dance Year 2	Sending and receiving Year 2	Ball Skills Year 2	Target Games Year 2	Athletics Year 2	Team Building Year 2	Invasion Games Year 2	Swimming – Water confidence
Key Vocabulary	Balance, dodge, hop, hurdle, jump, land, run, skip, speed, sprint, swing, take off, weight	Balance, skills, stretch, control, position, link, improve, rocking, rolling, barrel roll, forwards, log roll, teddy bear roll,	Balance, combination, exercise, flexibility, form, health, heartbeat, heart rate, lunge, perform, positivity, sequence, stretch, squat	Balance, skills, stretch, control, position, link, improve, rocking, rolling, barrel roll, forwards, log roll, teddy bear roll,	Action, counts, create, direction, dynamics, expression, level, matching, mirroring, pathway, perform, speed, timing, unison	Catch, distance, kick, ready position, receive, roll, send, target, throw, track	Bounce, catch, collect, control, dribble, kick, prepare, receive, release, roll, target, touch, underarm	Accurate, ahead, aim, opponent, overarm, release, strike, target, teammate, underarm	Aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw	Communicate, include, instructions, map, plan, solve, successful, support	Attack, defend, defender, goalkeeper, mark, opponent, possession, receive, send, score, shoot, tactic, teammate	Back, blow, breath, bubbles, enter, exit, float, front, glide, kick, pull, pulling, rules, safely, splash, travel, under



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		sequence, jumps, travelling		sequence, jumps, travelling								
Class 3 Year 3 and 4	Tag Rugby Year 4	Gymnastics (with coach)	Dance Year 4	Gymnastics (with coach)	Handball Year 4	Swimming (Wigton Baths)	Netball Year 4	Swimming (Wigton Baths)	Drumba Year 4	Golf Year 4	OAA Year 4	Cricket Year 3 and 4
Key Vocabulary	Accelerate, delay, dodge, forward pass, gain, invasion, limit, offside, onside, option, pitch, possession, supporting, tournament, track, try	Straddle, forward, backwards, star, half turn, springboard, hurdle step, squat, cartwheel, weight bare, handstand, chasses step, skipping, apparatus, routine, arabesque	Action, action and reaction, canon, dynamics, expression, flow, formation, match, mirror, order, performance, phrase, relationship, represent, rhythm, space, structure, timing, unison	Straddle, forward, backwards, star, half turn, springboard, hurdle step, squat, cartwheel, weight bare, handstand, chasses step, skipping, apparatus, routine, arabesque	Accelerate, accuracy, decision, delay, deny, gain, intercept, invasion, momentum, opposing, option, referee, supporting, timing, tournament	Alternate, backstroke, breaststroke, buoyancy, crawl, floating, front crawl, glide, rotation, sculling, sinking, stroke, submerge, surface, surface dive, survival, tactics, technique, treading water, water safety	Accelerate, accuracy, contact, decision, delay, deny, direction, footwork, intercept, invasion, obstruct, option, persevere, pivot, possession, technique, tournament, umpire	Alternate, backstroke, breaststroke, buoyancy, crawl, floating, front crawl, glide, rotation, sculling, sinking, stroke, submerge, surface, surface dive, survival, tactics, technique, treading water, water safety	Assessment, awareness, cardio, challenge, contribution, exercising, heart rate, jumping, lunge, performance, power, sequence, squat, strength, training, warm up	Adjust, chip, drive, grip, opponent, power, putt, relaxed, support, swing, technique, tournament	Collaborate, communicate, effectively, instructions, key, leader, navigate, orientate, reflect, role, solve, symbol, teamwork	Accuracy, bowled out, caught out, cushion, decision, grip, momentum, no ball, opposition, pressure, retrieve, run out, short barrier, tactics, technique, tournament, two-handed pickup, wicket
Class 4 Year 5 and 6	Cricket Year 6	Gymnastics (with coach)	Fitness Year 6	Gymnastics (with coach)	Drumba Year 6	Hockey Year 6	Yoga Year 6	Tennis Year 6	Dance Year 6	Volleyball Year 6	Basketball Year 6	Dodgeball Year 6
Key Vocabulary	Abide, assess, collaborate, close catch, consistently, deep catch, long barrier, momentum, short barrier, situation, stance, tactic, tournament, track	Roll, pike, straddle, jump, split, vault, springboard, lunge, handstand, cartwheel, round off, chassis step, cat leap, balance, perform,	Abdominals, agility, analyse, calves, co-ordination, consistent, drive, engage, measure, motivate, persevere, power, quadriceps, record,	Roll, pike, straddle, jump, split, vault, springboard, lunge, handstand, cartwheel, round off, chassis step, cat leap, balance, perform,	Abdominal muscles, abdominal exercises, accuracy, consistent, core muscle groups, engage, explosive, intensity, perform, physical performance, plyometric,	Abide, appropriate, barrier, close down, create, cushion, draw, pressure, situation, sportsmanship, stance, support, tactics, transition, turnover	Collaborate, concentrate, engage, exhale, expand, fluidly, inhale, lengthen, mindfulness, muscles, notice, practice, quality,	Abide, appropriate, doubles, limit, official, placement, prepare, pressure, recover, serve, service, stance, volley	Action, aesthetic, choreography, dynamics, express, formation, freeze frame, inspiration, mood, motif, phrase, pose, refine, rehearse, stimulus, structure,	Abide, appropriate, communicate, create, cushion, dig, direct, extend, non-dominant, placement, recover, serve, set, sportsmanship, tactics, technique, thrust	Abide, angle, ball carrier, ball side, barrier, create, dominant, draw, maintain, rebound, sportsmanship, support, tactics, transition, turnover	Abide, anticipate, appropriate, assess, collaborate, cushion, fake, officiate, situation, stance, tactic, trajectory



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Whole School Overview – Physical Education

		control, apparatus	rhythm, stable	control, apparatus	power, routines, speed, targeting, targets		salutation, transition		style, transition			
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**Below is an overview of the learning focus for each half term in each class.
Class teachers may choose to adapt the learning focus to suit their class but must ensure full coverage.**

2026-2027	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Class 1 Nursery and Reception	Introduction to PE Unit 1	Gross and fine motor skills through physical development activities	Fundamentals Unit 1	Gross and fine motor skills through physical development activities	Dance Unit 1	Large apparatus working on gross motor skills and navigating equipment	Gymnastics Unit 1	Balanceability	Athletics – linked to sports day	Drumba	Ball Skills Unit 1	Games Unit 1
Key Vocabulary	Avoid, backwards, forwards, freeze, safe, sideways, space, stop partner	Balance, big, climb, crawl, jump, small, step	Balance, bend, direction, hop, jump, land, run, safe, space, stop, travel	Balance, big, climb, crawl, jump, small, step	Action, bend, count, direction, high, low, move, shake, space, twist	Balance, big, climb, crawl, grab, jump, small	Balance, bend, copy, hold, jump, land, rock, roll, shape, squeeze, star, still, straight	Balance, saddle, handlebars, brakes, pedal, over, under, up, down, forwards, backwards, sideways, high, medium, low, near to, far from, through, at the side of, steer	Balance, bend, direction, fast, hop, jog, jump, land, run, safely, slow, space, stop, target, throw	Awareness, beat, breathe, breathing heavier, copying, exercise, gripping, heartbeat, hitting, holding, moving, pulse, routine, shape, space, striking	Bounce, catch, dribble, hit, kick, points, roll, run, safely, score, space, target, throw	Catch, caught, jog, rules, run, safe, safely, score, space, stop, team, throw, turn
Class 2 Year 1 and 2	Fundamentals Year 1	Ball Skills Year 1	Fitness Year 1	Dance Year 1	Sending and receiving Year 1	Gymnastics Year 1	Target Games Year 1	Drumba Year 1	Athletics Year 1	Yoga Year 1	Invasion Games Year 1	Swimming – Water confidence
Key Vocabulary	Bend, direction, dodge, fast, hop, jog, jump, land, ready position, skip,	Catch, control, dribble, ready position, roll, safely, score, space, soft,	Active, bones, brain, breathing, calm, exercise, fast, healthy, heart, memory,	Action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly,	Catch, defender, distance, far, overarm, partner, pass, ready	Action, balance, control, direction, jump, level, point, roll,	Balance, distance, further, overarm, point, score,	Anticipate, big, co-ordination, exercise, hearttrate, heartbeat, jumping,	Balance, bend, control, direction, further, hop, jog, jump, leap,	Balance, breath, copy feel, focus, listen, pose,	Attacker, defender, dodge, goal, marking, points, score, space	Back, blow, breath, bubbles, enter, exit, float, front, glide, kick, pull, pulling, rules,



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	challenge, swing	swing, target, underarm	mood, muscles, quick, safe, strong	slow, slowly, timing	position, score, send, throw, underarm	shape, speed, squeeze, star, straight, travel	swing, throw, underarm	lunging, marching, mirroring, moving, pause, small, squatting, transition,	overarm, quickly, safely, target, time, underarm, walk	slowly, stretch		safely, splash, travel, under
Class 3 Year 3 and 4	Ball Skills Year 3	Football Year 3	Hockey Year 3	Dance Year 3	Gymnastics Year 3	Swimming	Drumba Year 3	Swimming	Tennis Year 3	Athletics Year 3	Dodgeball Year 3	OAA Year 3
Key Vocabulary	Accurate, block, opponent, personal best, possession, power, receive, technique, track	Accurate, attack, communicate, control, defend, delay, intercept, invasion, pitch, possession, shoot, referee, tactics, teamwork, tournament, track	Accurate, attack, attacker, control, decision, defender, defend, dribble, invasion, opposition, possession, receiver, tactics, teamwork, tournament	Action, canon, create, dynamics, explore, expression, extend, feedback, formation, interact, pathway, perform, pose, timing, unison	Body tension, contrast, control, direction, extend, flow, landing position, match, matching, patch, point, take off	Alternate, backstroke, breaststroke, buoyancy, crawl, floating, front crawl, glide, rotation, sculling, sinking, stroke, submerge, surface, surface dive, survival, tactics, technique, treading water, water safety	Bilateral, cardio, contralateral, crossing midline, engage, fitness, moving, movement, physical activity, shape,	Alternate, backstroke, breaststroke, buoyancy, crawl, floating, front crawl, glide, rotation, sculling, sinking, stroke, submerge, surface, surface dive, survival, tactics, technique, treading water, water safety	Backhand, competition, control, court, face, feeder, forehand, opponent, opposition, rally, react, return, tactics, track	Accuracy, baton, control, event, further, personal best, power, relay, speed, strength, technique	Agility, caught out, communicate, hit out, opposition, power, tactic, teammate, technique, tournament	Communication, compass, course, discuss, honest, interrupt, map, route, support, symbol, tactics, teamwork, trust
Class 4 Year 5 and 6	Football Year 5	Fitness Year 5	Netball Year 5	Tag Rugby Year 5	Drumba Year 5	Dance Year 5	Athletics Year 5	Gymnastics Year 5	Tennis Year 5	Golf Year 5	Badminton Year 5	Rounders Year 5
Key Vocabulary	Ball carrier, close down, create, decision, dominant, delay, opposition, possession, pressure, situation, sportsmanship, support, tactics, tournament	Agility, consistent, drive, dynamic, motivate, persevere, power, react, rhythm, stable, stamina, static, strength	Accelerate, angle, create, drive, intercept, maintain, opposition, pressure, receiver, rebound, situation, sportsmanship, stance, support, tournament	Ball carrier, close down, communicate, create, invasion, offside, possession, situation, sportsmanship, support	Active stretch, fitness, form, holding, impact, jumping jack, lunge, safely, squat, static stretch, targeting, technique, tuck jump	Actions, cannon, choreograph, choreography, collaborate, dynamics, formation, genre, motif, pathway, performance, phrase, posture, quality, relationship, space,	Approach, changeover, consistent, dominant, drive, event, field, force, javelin, momentum, shot put, stamina, stride, technique, track,	Asymmetrical, canon, cartwheel, decide, extension, identify, inverted, matching, mirroring, momentum, observe, pathways, performance, quality, stable, symmetrical,	Adjust, baseline, consecutive, continuous, dominant, groundstroke, non-dominant, option, pressure, readjust, release, serve, situation, tactic,	Align, angle, chip, drive, force, grip, par, putt, shot, situation, stance	Adjust, communicate, dominant, non-dominant, pressure, serve, sportsmanship, situation, tactic, technique	Backing up, close catch, compete, decision, deep catch, limit, long barrier, no ball, retrieve, short barrier, situation, stance, tactic, tournament



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						structure, timing, transition, unison		synchronisation, transition	technique, volley			
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