

Early Level PE – Find your purpose through play!

Use this as a starting point – you do not need to be a PE specialist.

Keep lessons active, playful and simple. Repeat skills often and adapt the challenge to suit your class.

TERM / LENGTH	MAIN FOCUS	EASY IDEAS	FUNDAMENTAL MOVEMENT SKILLS TO EXPLORE
TERM 1 4 WEEKS	Travel & locomotor	Move like animals/characters; stop-start; change direction; simple move-and-think games.	Run • walk • hop • jump • side-step • balance
TERM 1 4 WEEKS	Throw & catch	Explore soft balls, beanbags and scarves. Throw to self, then a partner; add simple targets.	Throw • catch • coordination • control
TERM 2 4 WEEKS	Bounce, catch & strike	Bounce and catch still/while moving. Use Halloween targets and balloon striking.	Bounce • catch • strike • move into space
TERM 2 2 WEEKS	Object control	Strike balloons/balls with hands, then an implement. Try throw → strike → catch challenges.	Strike • catch • throw • accuracy
TERM 2 2 WEEKS	Consolidate through play	Christmas target games, snowball dodgeball, build-a-snowman movement and winter games.	Revisit skills • cooperation • confidence
TERM 3 4 WEEKS	Gymnastics & movement	Travel, roll, balance, jump, land and make short movement sequences. Use story challenges.	Balance • land • roll • travel • jump
TERM 3 4 WEEKS	Dance & parachute	Move to music; copy/create actions; parachute games; work with a partner/group.	Rhythm • timing • balance • cooperation
TERM 3 4 WEEKS	Kick, roll & stop	Kick and stop a ball; roll and stop with hands; strike and stop with a hockey stick.	Kick • roll • strike • stop • control
TERM 4 4 WEEKS	Sports Day practice	Practise running, jumping, throwing, races, simple team challenges and the skills needed for your school sports day.	Run • jump • throw • balance • coordination
TERM 4 4 WEEKS	Run, throw & jump	Simple athletics stations: run for speed, throw for distance, jump for height/distance.	Run • throw • jump • stamina
TERM 4 4 WEEKS	Summer games & explore	Striking games, outdoor play, bubbles, targets and child-led challenges using familiar skills.	Consolidate • creativity • confidence