Gothic Mede Academy Indoor PE Curriculum 2026/27

For our PE curriculum we follow the National Curriculum Programmes of Study. It is taught via the following units:

	Autumn **Teacher led**	**Spring** **Premier led**	**Summer** **Premier/Teacher**
Reception	Forrest School Forrest School	Jungle adventure (Premier) Sporty Superheroes (Premier)	Beach Trip (Premier) Forrest School
Year 1	Fundamentals (GetSet4PE) Yoga (GetSet4PE)	Multi-skills (Premier) Net and Wall (Premier)	Gymnastics (Premier) Dance (GetSet4PE)
Year 2	Fundamentals (GetSet4PE) Yoga (GetSet4PE)	Multi-skills (Premier) Net and Wall (Premier)	Gymnastics (Premier) Dance (GetSet4PE)
Year 3	Fundamentals (GetSet4PE) Yoga (GetSet4PE)	Multi-skills (Premier) Net and Wall (Premier)	Gymnastics (Premier) Dance (GetSet4PE)
Year 4	Fundamentals (GetSet4PE) Yoga (GetSet4PE)	Multi-skills (Premier) Net and Wall (Premier)	Gymnastics (Premier) Dance (GetSet4PE)

Gothic Mede Academy Outdoor PE Curriculum 2026/27

For our PE curriculum we follow the National Curriculum Programmes of Study. It is taught via the following units:

	Autumn **Premier led**	**Spring** **Teacher led**	**Summer** **Teacher/Premier**
Reception	Time Travel Adventure (Premier) Space Explorers (Premier)	Forrest School Forrest School	Forrest School Sports Day Prep (Premier)
Year 1	Ball Skills (Premier) Invasion Games (Premier)	Sending and Receiving 1 (GetSet4PE) Target Games 1 (GetSet4PE)	Striking and fielding 1 (GetSet4PE) Sports Day prep/Athletics (Premier)
Year 2	Ball Skills (Premier) Invasion Games (Premier)	Sending and Receiving 2 (GetSet4PE) Target Games 2 (GetSet4PE)	Striking and fielding 2 (GetSet4PE) Sports Day prep/Athletics (Premier)
Year 3	Football (Premier) Hockey (Premier)	Netball (GetSet4PE) Rounders (GetSet4PE)	Swimming Sports Day prep/Athletics (Premier)
Year 4	Football (Premier) Basketball (Premier)	Tag Rugby (GetSet4PE) Tennis (GetSet4PE)	Cricket (GetSet4PE) Sports Day prep/Athletics (Premier)

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.