



## BHM PESSPA Curriculum Overview 2025-26

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	2YO Skills Focus	<u>Gross Motor</u> Walk, run, jump and climb – use steps to outdoor slide Wheeled toys – trikes, bikes Kick, throw and catch balls	<u>Gymnastics</u> - In hall, spin, roll, use ropes and tunnels - Crawl through spaces on climbing equipment	<u>Wheels on the Bus</u> -co-ordination -movement and travel -spatial awareness	<u>Diddi Dance</u> -co-ordination - balance -movement and travel -clap and stamp to music	<u>Going on a Bear Hunt</u> -coordination -agility -movement and travel	<u>Parachute Games</u> -balance -coordination -spatial awareness
	3YO Skills Focus	Outdoor fixed climbing frame, trikes, tyres, planks and crates Daily wellbeing workout sessions					
	3YO Skills Focus	-Steps and moves across climbing equipment using alternative feet. -Maintains balance using hands and body to stabilise -Creates lines and circles pivoting from the shoulder and elbow	-Walks down steps or slopes whilst carrying a small object -balance and stability	-Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles	-Balance on one foot or in a squat momentarily - shifts body weight to improve stability	-Grasp and release with two hands to throw and catch a large ball, beanbag or object	-Move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement
Reception	Lesson Focus - support from Wigan Athletic	<u>Games</u> Rolling a ball Underarm throwing Overarm throwing Catching Kicking Bouncing a ball (dribbling) Dribbling with feet Striking a ball	<u>Games</u> Running Jumping and landing Jumping distance Hopping Galloping Skipping Dodging	<u>Gymnastics</u> Travel in various ways Balance on a variety of small and large body parts Link movements together in a short sequence Rolls and different types of rolls	<u>Dance</u> Perform a range of actions with control and coordination Respond with different ways of moving to a range of stimuli Link actions Repeat and remember simple movement patterns Demonstrate stillness in a range of shapes Explore actions that express and create ideas for dance	<u>Athletics</u> Running Jumping for height Jumping for distance	<u>Athletics</u> -Running at speed -Jumping for distance -Throwing for distance -Running for distance



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<b>Y1</b>	<b>Lesson Focus – support from Wigan Athletic</b>	<u><b>Target Games</b></u> -Throwing and catching -Fair and Square -Python -Boccia	<u><b>Gymnastics</b></u> -Sequences and stability (balance) -Vault -Apparatus	<u><b>Invasion Games</b></u> -Triangle Passing -Two on One -Dribble and Score	<u><b>Dance - Giraffes Can't Dance</b></u> -Movement, direction, levels -adapting force -remember and repeat	<u><b>Multi-Sports</b></u> -Striking and Fielding: All Together Now -Net and Wall: Racket Fun	<u><b>Athletics</b></u> -Running at speed -Jumping for distance -Throwing for distance -Running for distance
	PB Focus (Possibilities)	Running for distance	Throwing for Accuracy	Running- changing direction	Balance	Agility and Co-ordination	Dance
<b>Y2</b>	<b>Lesson Focus</b>	<u><b>Target Games</b></u> -Throwing and catching (D) -Fair and Square (D) -Python (D) -Boccia (D)	<u><b>Gymnastics</b></u> - Sequences and stability (balance) -Vault (D) -Apparatus (D)	<u><b>Invasion Games</b></u> -Two on One (D) -Dribble and Score(D) -Football skills -Basketball skills	<u><b>Dance- The Owl and the Pussycat</b></u> -Movement, direction, levels -adapting force -remember and repeat (D)	<u><b>Multi-Sports</b></u> -Striking and Fielding: Plank and Weave -Net and Wall: On the Spot -Tennis skills	<u><b>Athletics</b></u> -Running at speed -Jumping for distance -Throwing for distance -Running for distance
	PB Focus (Possibilities)	Running for distance	Throwing for accuracy	Running- changing direction	Balance	Agility and Co-ordination	Dance
<b>Y3</b>	<b>Lesson Focus</b>	<u><b>Swimming</b></u> -use a range of strokes -perform self rescue -swim over 25m	<u><b>Swimming</b></u> -use a range of strokes -perform self rescue -swim over 25m	<u><b>Swimming</b></u> -use a range of strokes -perform self rescue -swim over 25m	<u><b>Invasion Games</b></u> -End Zone -Too Many Goals -Tag Rugby skills -Hockey skills	<u><b>Net and Wall Games</b></u> -Keep it Going -Volleyball skills -Tennis skills	<u><b>Athletics</b></u> -5 Jumps - step, hop, jump, sissone, bounce -3 throws – push, pull, sling -Running for speed -Running for distance
	PB Focus (Possibilities)	Running for distance	Throwing for distance	Throwing for accuracy 2	Skipping	Hurdle Run	Throwing and catching



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<b>Y4</b>	<b>Lesson Focus</b>	<b><u>Invasion Games</u></b> -	<b><u>Gymnastics</u></b> -Sequence and travel -Vault -Apparatus	<b><u>OAA</u></b> -Counting Cones -Team Building -Night Trail	<b><u>Dance based on 'Coming from the Mill'</u></b> <b><u>LS Lowry.</u></b> -Performing stillness, movement, gesture -Direction and levels -Adapting force	<b><u>Striking and Fielding Games</u></b> -Quick Pick Up -Round the Square -Rounders skills	<b><u>Athletics</u></b> -5 Jumps - step, hop, jump, sissone, bounce (D) -3 throws – push, pull, sling (D) -Running for speed (D) -Running for distance (D)
	PB Focus (Possibilities)	Running for distance	Throwing for distance	Hurdle Run	Throwing for accuracy 2	Skipping	Throwing and catching
<b>Y5</b>	<b>Lesson Focus</b>	<b><u>Dance</u></b> -Perform a traditional dance -Samba (Brazil)	<b><u>Invasion Games</u></b> -Kabaddi -Lacrosse -Football	<b><u>Gymnastics</u></b> -Group Balances -Vault -Apparatus	<b><u>Target Games</u></b> -Dodgeball -Boccia -Koolchee	<b><u>Striking and Fielding Games</u></b> -Continuous Cricket -Face the bowler -Rounders skills	<b><u>Athletics</u></b> -Running for speed and distance -Throwing – push, pull, sling -Jumping – long jump, triple jump
	PB Focus (Possibilities)	Running for distance	Throwing for Distance	Skipping	Throwing and catching	Hurdle Run	Throwing for accuracy
<b>Y6</b>	<b>Lesson Focus</b>	<b><u>Invasion Games</u></b> -Rugby skills.	<b><u>Net and Wall Games</u></b> -Seated Volleyball -In the Zone -Rebound -Tennis skills	<b><u>Gymnastics</u></b> -Group Balances (D) -Vault (D) -Apparatus (D)	<b><u>OAA</u></b> -River Crossing -Symbol Match Up -Pitch Orienteering	<b><u>Striking and Fielding Games</u></b> -Continuous Cricket (D) -Face the bowler (D) -Rounders skills (D)	<b><u>Athletics</u></b> -Running for speed and distance (D) -Throwing – push, pull, sling (D) -Jumping – long jump, triple jump (D)
	PB Focus (Possibilities)	Running for distance	Throwing and catching	Skipping	Throwing for Distance	Hurdle Run	Throwing for accuracy