

Alderwood Engage Springboard PE Curriculum Overview 2025/26

PE Curriculum Overview – KS2 Springboard 2025/26									
PE	Jumping	Orienteering	Problem Solving	Scooting	Spectacular Skills	Throw, bounce and catch	Athletics	Basketball	Dance
Core Knowledge	use running, jumping, throwing and catching in isolation and in combination	take part in outdoor and adventurous activity challenges both individually and within a team	take part in outdoor and adventurous activity challenges both individually and within a team	develop flexibility, strength, technique, control and balance	develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns
Key Skills	Use arms to gain height Perform and link range of steps, leaps etc Combining leaps, hops	Using control markers Run for extended period of time Orienting a map	Amazon adventure Strategic thinking Coordinate weight on hands and feet (climbing wall)	Performing stationary balance Negotiating a course Move into a balance	Juggling with 2 items Hoop, ribbon, ball tricks Sequencing movements	Sticky catch with paddles Underarm throw Use of legs to power throw Throw for accuracy Bounce with control	Throwing for distance or accuracy Use of foam shot-put, javelin, hammer Running – speed or distance	Dribbling Double dribble Shooting Attack / defence	Balance Control Sequencing Partner work Varying speed, level and direction of movement

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	and jumps (triple jump)	Locate control points on map	Listen to and follow instructions Negotiate obstacle course	Plan and navigate a slalom course			Relays Jumping hurdling		Responding to music dynamics
Swimming									
Core Knowledge	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations								
Key Skills	Different strokes Floating Entering and exiting the water safely								