

# 2025-2026 BEDs Indoor PE Curriculum Overview



	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
<b>Y1/FS Beech</b> EYFS Physical Development	<p><b>Gymnastics: Gym in the jungle</b></p> <ul style="list-style-type: none"> <li>*You can move in different ways over the equipment.</li> <li>*Movement can represent different animals.</li> <li>*Movement can be over or under apparatus.</li> <li>*Movements can be linked together to make a short sequence.</li> </ul>	<p><b>Dance: Dancing Dinosaurs</b></p> <ul style="list-style-type: none"> <li>*Music can help you move like a dinosaur</li> <li>*Movements can be joined together in a sequence.</li> <li>*Movements can become a dance motif.</li> <li>*Working in small groups helps to create a short dance.</li> <li>*A short dance contains a range of movements.</li> </ul>	<p><b>Gymnastics: Traditional Tales</b></p> <ul style="list-style-type: none"> <li>*My body can create different shapes and hold them still.</li> <li>*Speed and direction can be changed when travelling.</li> <li>*My body can be controlled when jumping and rolling.</li> <li>*Movements can be linked to create a sequence.</li> <li>*You can cooperate with a partner.</li> </ul>	<p><b>Dance: The Seasons</b></p> <ul style="list-style-type: none"> <li>*My body can move in response to a stimulus.</li> <li>*You can keep time with a steady beat.</li> <li>Movements can be performed in a canon.</li> <li>*A partner can mirror your movements.</li> <li>*Actions can be copied and repeated.</li> </ul>	<p><b>Circuit Training</b></p> <ul style="list-style-type: none"> <li>*Obstacles can be moved over or around with control.</li> <li>*Different ways to jump with control.</li> <li>*You can balance when travelling along a line.</li> <li>*A ball can be rolled and bounced.</li> <li>*Skills can be used independently.</li> </ul>	<p><b>Yoga: Salute the sun</b></p> <ul style="list-style-type: none"> <li>*You can move between basic yoga poses.</li> <li>*When on all fours you can balance.</li> <li>*There is a correct way to come in and out of dog pose.</li> <li>*Movement speed and poses can be varied.</li> <li>*In standing positions, you can balance.</li> </ul>
<b>Y1/2 Elm</b>	<p><b>Gymnastics: Animals</b></p> <ul style="list-style-type: none"> <li>*Apparatus needs to be lifted safely.</li> <li>*Travelling across the apparatus can be done in different ways.</li> <li>*Travelling can be quick or slow and at high or low levels.</li> <li>*You can jump into different shapes.</li> <li>*Movements can be sequenced so they flow well.</li> </ul>	<p><b>Dance: Starry Skies</b></p> <ul style="list-style-type: none"> <li>*Streamers can make different shapes.</li> <li>*You can express your ideas with a partner.</li> <li>*Movement can be in different ways.</li> <li>*You can move about in a shape.</li> <li>*Different shapes can be made with others.</li> </ul>	<p><b>Gymnastics: Under the sea</b></p> <ul style="list-style-type: none"> <li>*The body can create different shapes and hold them still.</li> <li>*Matching balances can be created with a partner.</li> <li>*There are three different types of rolls – log, forward and backward.</li> <li>*You can jump on and off apparatus.</li> <li>*Movements can be linked to create a gymnastic sequence.</li> </ul>	<p><b>Dance: Plants</b></p> <ul style="list-style-type: none"> <li>*Movements can be inspired by gardening.</li> <li>*Bodies can show how a plant grows.</li> <li>*You can work cooperatively in a group.</li> <li>*Performances can be in time to music.</li> <li>*Movements can represent different parts of a story.</li> </ul>	<p><b>Circuit Training</b></p> <ul style="list-style-type: none"> <li>*Pivot movement can help to change direction.</li> <li>*I use leg muscles when jumping.</li> <li>*Hands can be used to throw a ball.</li> <li>*Objects can be balanced on your head whilst travelling.</li> <li>*After exercise your body can feel different.</li> </ul>	<p><b>Dance: Toys</b></p> <ul style="list-style-type: none"> <li>*Movements can change according to speed, weight and size.</li> <li>*Dance can be performed solo or in a group.</li> <li>*Imagination can give ideas for movement.</li> <li>*You can dance in a duet.</li> <li>*Bodies can move to a rhythm and clap to a beat.</li> </ul>
<b>Y3/4 Birch</b>	<p><b>Dance: Extreme Earth</b></p> <ul style="list-style-type: none"> <li>*Movements can be linked and combined to create a dance phrase</li> <li>*Movements can represent sounds made by percussion instruments.</li> <li>*New actions can be added to a dance.</li> <li>*Dance can show feelings and emotions.</li> <li>*Movements can create a dance montage.</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>*Balls can be aimed at a moving target.</li> <li>*Jumping and ducking can enable you to dodge a ball.</li> <li>Sidestepping and leaping enables you to avoid the ball.</li> <li>Balls can be aimed at knees and lower legs.</li> <li>*There are different areas and boundary lines on a dodgeball court.</li> </ul>	<p><b>Swimming</b></p>	<p><b>Gymnastics: shape</b></p> <ul style="list-style-type: none"> <li>*Bodies can be still and controlled.</li> <li>*Body shapes can be made in the air.</li> <li>*Hand apparatus can be controlled and used in different ways.</li> <li>*Movements and shapes can be linked together whilst manipulating hand equipment.</li> <li>*Apparatus can help create symmetrical shapes with a partner.</li> </ul>	<p><b>Circuit training</b></p> <ul style="list-style-type: none"> <li>*Travelling can be in a variety of different ways.</li> <li>*You can change direction, speed and level whilst travelling.</li> <li>*Hands can control a ball to catch and throw.</li> <li>Feet can control the ball along the floor.</li> <li>*Balance and coordination controls movement.</li> <li>*In a circuit of activities there are a range of movement skills.</li> </ul>	<p><b>Gymnastics: Ancient Egypt</b></p> <ul style="list-style-type: none"> <li>*My body can make different shapes.</li> <li>*You can work in gymnastics with a partner.</li> <li>*Movements, shapes and balances can be linked to a story.</li> <li>*Counter balances can be created with a partner.</li> <li>*Music and themes can be used to create ideas.</li> </ul>

<p style="text-align: center;"><b>Y4/5 Rowan</b></p>	<p><b>Dance: Water</b></p> <ul style="list-style-type: none"> <li>*Dance movements can be performed in unison and canon.</li> <li>*Movement can represent rivers and seas.</li> <li>*Movement phrases and patterns can be linked and combined.</li> <li>*Change the dynamics of a performance.</li> <li>*Dance moves can be performed on a trigger from music.</li> </ul>	<p><b>Swimming</b></p>	<p><b>Gymnastics: Movement</b></p> <ul style="list-style-type: none"> <li>*Stag jumps and split leaps involve moving in the air.</li> <li>*Pike rolls can be forwards or backwards.</li> <li>*Body strength and control is needed to jump over apparatus.</li> <li>*A round-off goes at the end of a sequence of movements.</li> <li>*A range of different movement can part of a sequence.</li> </ul>	<p><b>Handball</b></p> <ul style="list-style-type: none"> <li>*Quickness drills can increase quickness.</li> <li>*A handball has to be gripped in a particular way.</li> <li>*The skills of moving and passing can be combined.</li> <li>*Players can be marked.</li> <li>*You can shoot with accuracy at a target.</li> </ul>	<p><b>Circuit training</b></p> <ul style="list-style-type: none"> <li>*Exercise has an effect on my body.</li> <li>*Exercise is beneficial to my lower body.</li> <li>*Exercise is beneficial to my upper body.</li> <li>*Exercise has positive effects on my core muscles.</li> <li>*Personal targets can be set for different exercises.</li> </ul>	<p><b>Dance: World War 2</b></p> <ul style="list-style-type: none"> <li>*Charleston is a dance which has toes-in, heels-out twisting steps.</li> <li>*Lambeth walk dance is from London.</li> <li>*Lindy Hop is a partner dance popular during the Swing Era.</li> <li>*Dance can be used to tell the story of something.</li> <li>*Interpretive dance is when the dancer's movements show an emotion or tell a story.</li> </ul>
<p style="text-align: center;"><b>Y5/6 Willow</b></p>	<p><b>Swimming</b></p>	<p><b>Handball</b></p> <ul style="list-style-type: none"> <li>*Specific skills are needed to play handball.</li> <li>*You need to throw and catch with accuracy.</li> <li>*There is a 'rule of 3' in handball.</li> <li>*Players can be marked and the ball intercepted.</li> <li>*Shoot with power at a target.</li> </ul>	<p><b>Dance: Through the decades</b></p> <ul style="list-style-type: none"> <li>*The "Twist" was a popular dance in the 1960s.</li> <li>*In the 1970s people danced with a partner in choreographed steps.</li> <li>*Breakdancing was a popular hip-hop dance in the 1980s.</li> <li>*In the 1990s musicians created their own moves and wrote songs about them.</li> <li>*Dances can be inspired by music.</li> </ul>	<p><b>Gymnastics: Movement</b></p> <ul style="list-style-type: none"> <li>*In a stag jump you run and leap into the stag shape in the air.</li> <li>*Pike roll involves rolling forward while keeping your legs straight and together.</li> <li>*Springboard gives you momentum to move over a vault.</li> <li>*Round-off is a tumbling skill.</li> <li>*Different movements can be linked together to make a sequence.</li> </ul>	<p><b>Circuit training</b></p> <ul style="list-style-type: none"> <li>*Safe exercise practises include warming up and cooling down.</li> <li>*Exercise effects pulse in different ways.</li> <li>*Exercise is good for mental wellbeing.</li> <li>*Exercise targets different muscles.</li> <li>*A physical trainer decides which exercises you do and demonstrates how to do them.</li> </ul>	<p><b>Gymnastics: Shape &amp; balance</b></p> <ul style="list-style-type: none"> <li>*Shapes and movements can represent different things.</li> <li>*Point balances involve balancing on different body parts.</li> <li>*Balances can emphasise different levels and shapes.</li> <li>*Teamwork is important in gymnastics.</li> <li>*Shape, movement and balance can communicate information.</li> </ul>