

Twinkl Move Physical Education

Two-Year Rolling Program

This yearly overview maps out a range of Twinkl Move units to be taught from Reception to Year 6 and can be accessed from our [Twinkl Move](#) landing page. It includes a variety of indoor and outdoor activities and sports to provide children with a progressive learning experience as part of their PE curriculum throughout early years, KS1 and KS2. Please note – this is only a guide and the units can be taught in any order.

The areas of learning include multi-skills, gymnastics, dance, games (invasion, net and wall, striking and fielding), circuit training, yoga, outdoor adventurous activities (OAA) and athletics. For swimming lesson content, you can view Twinkl Swim lessons [here](#).

All Twinkl Move units have been written to meet the aims of the [PE National Curriculum](#).

It is up to schools to determine how much time is devoted to PE in the curriculum. The Move Scheme of Work is based on two PE lessons being taught per week in years 1-6, each being approximately one hour. In Reception, the Move scheme of work is based on one PE lesson being taught per week alongside Physical Development activities in continuous and enhanced provision.

Each unit includes 6 lesson packs which consist of a detailed lesson plan, engaging lesson presentation, skills posters, differentiated activities, home learning tasks and assessment materials. The units also include eye-catching display materials. More information about the Twinkl Move scheme of work can be found in this useful [guide](#).

The aims covered in the units are taken from our Progression Grids for each area of learning in the Primary PE curriculum: gymnastics, dance, games, athletics and OAA, which can be found [here](#). The Twinkl Swim progression map can be found [here](#).

- outdoor unit
- indoor unit
- These units are currently being planned and investigated – our lovely team will keep you updated on when these will become available.

Odd years indicate Year A (2025-2026) Even years indicate Year B (2026-2027)

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1		Multi-Skills: Throwing and Catching	Multi-Skills: Throwing and Catching	OAA	OAA	OAA	OAA
	Gymnastics: Gym in the Jungle	Gymnastics: Animals	Gymnastics: Landscapes and Cities	Gymnastics: Movement	Gymnastics: Movement	Gymnastics: Movement	Gymnastics: Movement
Autumn 2		Invasion Games: At the Fair	Invasion Games	Invasion Games: Fundamentals	Invasion Games	Invasion Games	Invasion Games
	Dance: Dinosaurs	Dance: Starry Skies	Dance: Gunpowder Plot	Dodgeball	Dance: Romans	Dance: World War 2	Dance: Electricity

Spring 1		Attacking and Defending	Attacking and Defending	Invasion Games: Football	Invasion Games: Tag Rugby or Hockey	Invasion Games: Basketball	Invasion Games: Netball
	Best of Balls	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training	Circuit Training
Spring 2		Multi-Skills: Bat and Ball	Multi-Skills: Bat and Ball	Net and Wall Games: Fundamentals	Net and Wall Games: Badminton	Net and Wall Games: Tennis	Net and Wall Games: Volleyball
	Dance: Dance Till You Drop	Dance: The Seasons	Dance: Plants	Dance: Rainforest Dance	Dance: Carnival of the Animals	Gymnastics: Shape & Balance - Space	Gymnastics: Rivers and Mountains
Summer 1		Multi-Skills: Running and Jumping	Multi-Skills: Target Games	Striking and Fielding Games: Fundamentals	Striking and Fielding Games: Cricket	Striking and Fielding Games: Rounders	Striking and Fielding Games
	Gymnastics: Jumping Jacks	Gymnastics: Traditional Tales	Gymnastics: Under the Sea	Gymnastics: Shape	Gymnastics: Shape & Balance – Ancient Egypt	Dance: Eco Dance	Dance Through the Decades
Summer 2	Games: The Olympics	Multi Skills: Sports Day	Animal Olympics	Athletics	Athletics	Athletics	Athletics
		Yoga: Salute to the Sun	Dance: Toys	Dance: Extreme Earth	Dance: Water	Invasion Games: Handball	Leadership in PE

NB. All schools must provide swimming instruction in KS1 or KS2. This can be substituted for any of the units as appropriate. Explore Twinkl Swim lesson plans [here](#).