



PE Curriculum Overview

Cycle A 2024-2025	Autumn	Spring	Summer
Nursery	<ul style="list-style-type: none">• Healthy Movers	<ul style="list-style-type: none">• Healthy Movers	<ul style="list-style-type: none">• Healthy Movers• Introduction to PE• Fundamentals
Year R/ 1	<ul style="list-style-type: none">• Introduction to PE 1• Fundamentals Unit 1• Healthy Movers	<ul style="list-style-type: none">• Gymnastics 1• Dance 1• Healthy Movers	<ul style="list-style-type: none">• Ball skills 1• Games 1
Year 1/ 2	<ul style="list-style-type: none">• Fundamentals• Team building• Athletics• Fitness	<ul style="list-style-type: none">• Dance• Gymnastics (12 week blocks)	<ul style="list-style-type: none">• Ball skills• Send & Receive• Strike/ Field• Target Games
Year 3	<ul style="list-style-type: none">• Fundamentals• Athletics• Gymnastics (12 weeks)	<ul style="list-style-type: none">• Dance (12 weeks)• Yoga	<ul style="list-style-type: none">• Rounders• Golf• Football• Swimming
Year 4/5	<ul style="list-style-type: none">• Fundamentals (adaptation task option)• Athletics• Gymnastics• Dance (6 weeks)	<ul style="list-style-type: none">• Dance (following 6 weeks)• Yoga• Cricket• Dodgeball	<ul style="list-style-type: none">• Rounders• Golf• Football• Basketball
Year 5/6	<ul style="list-style-type: none">• OAA• Athletics• Dance (6 week)• Gymnastics (6 week)	<ul style="list-style-type: none">• Dance (following 6 week)• Yoga• Cricket• Dodgeball	<ul style="list-style-type: none">• Rounders• Golf• Football• Basketball



Cycle B 2025-2026	Autumn	Spring	Summer
Nursery	<ul style="list-style-type: none">• Healthy Movers	<ul style="list-style-type: none">• Healthy Movers	<ul style="list-style-type: none">• Healthy Movers• Introduction to PE• Fundamentals
Year R/ 1	<ul style="list-style-type: none">• Introduction to PE 2• Fundamentals 2• Healthy Movers	<ul style="list-style-type: none">• Gymnastics 2• Dance 2	<ul style="list-style-type: none">• Ball skills 2• Games 2
Year 1/ 2	<ul style="list-style-type: none">• Fundamentals• Team building• Athletics• Yoga	<ul style="list-style-type: none">• Dance• Gymnastics (12 week blocks)	<ul style="list-style-type: none">• Ball skills• Sending and receiving• Net and wall• Invasion
Year 3	<ul style="list-style-type: none">• Fitness• Athletics• Dance (6 week)• Gymnastics (6 week)	<ul style="list-style-type: none">• Dance (following 6 week)• Gymnastics (following 6 week)• Handball• Netball	<ul style="list-style-type: none">• Hockey• Tag Rugby• Tennis• Swimming
Year 4/5	<ul style="list-style-type: none">• Fitness• Athletics• Dance (6 week)• Gymnastics (6 week)	<ul style="list-style-type: none">• Dance (following 6 week)• Gymnastics (following 6 week)• Handball• Netball	<ul style="list-style-type: none">• Hockey• Tag rugby• Tennis• OAA
Year 5/6	<ul style="list-style-type: none">• Fitness• Athletics• Dance (6 week)• Gymnastics (6 week)	<ul style="list-style-type: none">• Dance (following 6 week)• Gymnastics (following 6 week)• Handball• Netball	<ul style="list-style-type: none">• Hockey• Tag Rugby• Tennis• Volleyball

