**PE Curriculum Overview**

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| **Cycle A 2024-2025** | **Autumn** | **Spring** | **Summer** |
| Nursery | * Healthy Movers
 | * Healthy Movers
 | * Healthy Movers
* Introduction to PE
* Fundamentals
 |
| Year R/ 1 | * Introduction to PE 1
* Fundamentals Unit 1
* Healthy Movers
 | * Gymnastics 1
* Dance 1
* Healthy Movers
 | * Ball skills 1
* Games 1
 |
| Year 1/ 2 | * Fundamentals
* Team building
* Athletics
* Fitness
 | * Dance
* Gymnastics

(12 week blocks) | * Ball skills
* Send & Receive
* Strike/ Field
* Target Games
 |
| Year 3 | * Fundamentals
* Athletics
* Gymnastics (12 weeks)
 | * Dance (12 weeks)
* Yoga
 | * Rounders
* Golf
* Football
* Swimming
 |
| Year 4/5 | * Fundamentals (adaptation task option)
* Athletics
* Gymnastics
* Dance (6 weeks)
 | * Dance (following 6 weeks)
* Yoga
* Cricket
* Dodgeball
 | * Rounders
* Golf
* Football
* Basketball
 |
| Year 5/6 | * OAA
* Athletics
* Dance (6 week)
* Gymnastics (6 week)
 | * Dance (following 6 week)
* Yoga
* Cricket
* Dodgeball
 | * Rounders
* Golf
* Football
* Basketball
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| **Cycle B 2025-2026** | **Autumn** | **Spring** | **Summer** |
| Nursery | * Healthy Movers
 | * Healthy Movers
 | * Healthy Movers
* Introduction to PE
* Fundamentals
 |
| Year R/ 1 | * Introduction to PE 2
* Fundamentals 2
* Healthy Movers
 | * Gymnastics 2
* Dance 2
 | * Ball skills 2
* Games 2
 |
| Year 1/ 2 | * Fundamentals
* Team building
* Athletics
* Yoga
 | * Dance
* Gymnastics

(12 week blocks) | * Ball skills
* Sending and receiving
* Net and wall
* Invasion
 |
| Year 3 | * Fitness
* Athletics
* Dance (6 week)
* Gymnastics (6 week)
 | * Dance (following 6 week)
* Gymnastics (following 6 week)
* Handball
* Netball
 | * Hockey
* Tag Rugby
* Tennis
* Swimming
 |
| Year 4/5 | * Fitness
* Athletics
* Dance (6 week)
* Gymnastics (6 week)
 | * Dance (following 6 week)
* Gymnastics (following 6 week)
* Handball
* Netball
 | * Hockey
* Tag rugby
* Tennis
* OAA
 |
| Year 5/6 | * Fitness
* Athletics
* Dance (6 week)
* Gymnastics (6 week)
 | * Dance (following 6 week)
* Gymnastics (following 6 week)
* Handball
* Netball
 | * Hockey
* Tag Rugby
* Tennis
* Volleyball
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