**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 |