



PE Curriculum Overview 2026 - 2028

	Autumn Term		Spring Term		Summer Term	
Nursery	Introduction to PE Unit 1	Introduction to PE Unit 1	Introduction to PE Unit 1	Introduction to PE Unit 2	Dance Unit 1	Fundamentals Unit 1
Reception	Fundamentals Unit 2	Dance Unit 2	Gymnastics Unit 1	Fundamentals Unit 2	Games Unit 1	Basic Skills Unit 1
Year 1	Dance; Fundamentals	Gymnastics; Fitness	Target Games; Yoga	Ball Skills; Net & Wall Games	Striking & Fielding Games; Athletics	Invasion Games; Sending & Receiving
Year 2	Dance; Fundamentals	Gymnastics; Fitness	Target Games; Yoga	Ball Skills; Net & Wall Games	Striking & Fielding Games; Athletics	Invasion Games; Sending & Receiving
Year 3	Fundamentals; Dance	Gymnastics; Football	Ball Skills; Yoga	Fitness; Dodgeball	Athletics; Tennis	Rounders; Rugby
Year 4	Fundamentals; Dance	Gymnastics; Basketball	Ball Skills; Hockey	Fitness; Dodgeball	Athletics; Tennis	Cricket; Handball
Year 5	Fitness; Badminton	Dance; Netball	Gymnastics; Hockey	Rugby; Volleyball	OAA; Cricket	OAA; Cricket
Year 6	Fitness; Badminton	Handball; Dance	Gymnastics; Dodgeball	Football; Tennis	OAA; Athletics	Swimming; Cricket