

PE Curriculum 2025/2026

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Introduction to PE: Unit 1	Gymnastics: Unit 1	Dance: Unit 1	Fundamentals: Unit 1	Ball Skills: Unit 1	Games: Unit 1
1	Fundamentals	Gymnastics	Gymnastics	Dance	Yoga	Fitness
	Ball Skills	Sending and Receiving	Invasion Games	Net and Wall	Athletics	Striking/Fielding
2	Fundamentals	Gymnastics	Gymnastics	Dance	Yoga	Fitness
	Ball Skills	Sending and Receiving	Invasion Games	Net and Wall	Athletics	Striking/Fielding
3	Fundamentals 3/4	Gymnastics	Gymnastics	Dance	Yoga	Fitness
	Ball Skills 3/4	Dodgeball	Tag Rugby	Tennis	Athletics	Rounders
4	Fundamentals 3/4	Gymnastics	Gymnastics	Dance	Yoga	Fitness
	Ball Skills 3/4	Dodgeball	Tag Rugby	Tennis	Athletics	Rounders
5	Netball	Gymnastics	Dodgeball	Dance	Yoga	Fitness
	Swimming	Swimming	Swimming	Swimming	Athletics	Rounders
6	Dodgeball	Gymnastics	Gymnastics	Dance	Yoga	Fitness
	Tag Rugby	Basketball	Netball	Tennis	Athletics	Rounders