

## Curriculum Overview PE 2025-26

Year Group	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
<b>Reception</b>	Fundamentals : Unit 1 Forest	Fundamentals : Unit 2 Forest	Dance: Unit 1 Forest	Gymnastics: Unit 1 Forest	Dance: Unit 2 Ball Skills: Unit 1 Forest	Games: Unit 1 Swimming Forest
<b>Year 1</b>	Fundamentals Forest	Fitness Yoga Forest	Dance Forest	Gymnastics Forest	Dance Ball Skills Forest	Athletics Swimming: Beginners Forest
<b>Year 2</b>	Fundamentals Dance	Fitness Team Building	Dance Target Games	Gymnastics Sending and Receiving	Dance Swimming: Beginners	Athletics Yoga
<b>Year 3</b>	Fundamentals: Y3/Y4 Dance	Football Handball	Fitness Dodgeball	Swimming Cricket	Tennis Yoga	Outdoor Adventurous Activities Athletics
<b>Year 4</b>	Gymnastics Fundamentals: Y3/Y4	Dance Football	Swimming Ball Skills	Cricket Yoga	Dance Tennis	Outdoor Adventurous Activities Athletics
<b>Year 5</b>	Volleyball Dance	Swimming Netball	Rugby Yoga	Hockey Gymnastics	Rounders Dance	Athletics Gymnastics
<b>Year 6</b>	Volleyball Swimming	Rugby Dance	Hockey Gymnastics	Dance Basketball	Rounders Fitness	Athletics Yoga