P.E. Overview 2026-2027

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R	Introduction to PE 1 Fundamentals 1	Dance 1 Ball Skills 1	Gymnastics 1 Games 1	Introduction to PE 2 Fundamentals 2	Ball Skills 2 Dance 2	Gymnastics 2 Games 2
Year 1 ASH	Fundamentals Fitness	Sending and Receiving Gymnastics	Invasion Games Dance	Ball Skills Target Games	Striking and Fielding Net and Wall Games	Team Building Athletics
Year 2 BEECH	Fundamentals Sending and Receiving	Invasion Games Net and Wall Games	Dance Target Games	Yoga Team Building	Gymnastics Ball Skills	Athletics Striking and Fielding
Year 3 ROWAN	OAA Fundamentals	Cricket Tag Rugby	Dance Basketball	Gymnastics Hockey	Netball Handball	Athletics Rounders
Year 4 WILLOW	Football Tennis	Dodgeball Gymnastics	Swimming Dance	Swimming Fitness	Parkour OAA	Athletics Rounders
Year 5 MAPLE	Netball Hockey	Tag Rugby Gymnastics	OAA Dance	Fitness Handball	Basketball Cricket	Athletics Rounders
Year 6 SYCAMORE	Football Fitness	OAA Cricket	Dance Basketball	Tennis Parkour	Gymnastics Dodgeball	Athletics Rounders

Personal Best opportunities
Throughout the year, please provide opportunities for children to complete against themselves. This may be in the form of starting a unit with one of the activities below and challenging children to beat their own scores in the last lesson of the unit.

Shuttle Run - https://www.youtube.com/watch?v=K230C7nnXxw
Speed Bounce - https://www.youtube.com/watch?v=yY4p3uWeQeQ
Standing Long Jump - https://www.youtube.com/watch?v=jlguHx6SHt0