



PE OVERVIEW 2025-2026

	Autumn Term		Spring Term		Summer Term	
Reception	Super ME!		Story Makers!		Let's go for a walk!	
	Introduction to PE: Unit 1 Fundamentals: Unit 1	Introduction to PE: Unit 2 Fundamentals: Unit 2	Gymnastics Unit 1 Dance Unit 1	Ball Skills Unit 1 Dance Unit 2	Gymnastics Unit 2 Games Unit 1	Games Unit 2 Ball Skills Unit 2
Year 1	Changes within living memory		The UK		Transport/Seaside through the ages	
	Fundamentals Yoga	Gymnastics Ball Skills	Team Building Dance	Sending and Receiving Target Games	Striking and Fielding Net and Wall	Athletics Invasion Games
Year 2	Polar explorers/planet protectors		Heroes in History		The Tudors/The Great Fire of London	
	Ball Skills Fundamentals	Gymnastics Target Games	Team Building Yoga	Dance Net and Wall	Sending and Receiving Invasion Games	Athletics Striking and Fielding
Year 3	Stone Age/Iron Age		Spain		Ancient Egypt	
	Ball Skills Fundamentals	Gymnastics Dodgeball	Dance Netball	Tennis Football	Swimming Athletics	Rounders Tag Rugby
Year 4	The Romans/Glevum		Natural Disasters		Ancient Greeks	
	Yoga Fitness	Gymnastics Handball	Hockey Dance	Tennis Basketball	Rounders Swimming	Athletics OAA
Year 5	Mayans		The Rainforest		Vikings and Anglo Saxons	
	Netball Football	Gymnastics Hockey	Dance Tennis	Dodgeball Tag Rugby	Swimming Cricket	Athletics OAA
Year 6	World War Two/Migrants and Refugees		Crime and Punishment		Rivers	
	Netball Gymnastics	Yoga Hockey	Tag Rugby Handball	Cricket Dance	Swimming Rounders	Athletics Badminton