



## P.E. Curriculum Overview 2025-2026

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Fine Motor Skills	OAA	Gymnastics – Travelling, stopping, making shapes	Dance – Nursery Rhymes	Locomotion 1	Target Games 1
<b>Reception</b>	Target Games 1	OAA	Dance - Jungle	Gymnastics – Flight, bouncing, jumping and landing	Athletics 1	Invasion Game Skills 1
<b>Year 1</b>	Fundamental Movement Skills 1	OAA	Gymnastics – Balancing and spinning on Points and patches	Dance - Animals	Athletics 2	Net and wall Game Skills 1
<b>Year 2</b>	Fundamental Movement Skills 3	Dance – Under the Sea	OAA	Gymnastics - Pathways	Athletics 2	Invasion Game Skills 2
<b>Year 3</b>	Invasion Game Skills 3/Basketball	Gymnastics – Linking movements	OAA	Dance – Dance around the World	Athletics	Rounders
<b>Year 4</b>	Hockey	Dance – Dance around the World	OAA	Gymnastics – Arches and bridges	Athletics	Cricket
	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety
<b>Year 5</b>	Netball	OAA	Gymnastics - Mirroring	Dance – The Haka	Athletics	Football
<b>Year 6</b>	Football	OAA	Dance – The Haka	Gymnastics – Counter balance and tension	Athletics	Tennis

## **Health Related Fitness**

In Autumn 1 and 2, Health Related Fitness will be taught in week 7 (A1) and weeks 7 and 8 (A2)

Learning about health, fitness and the importance of physical well-being is woven throughout our PE curriculum. Every lesson promotes pupils' understanding of how their bodies work, how to stay active, and how physical activity contributes to a healthy lifestyle. Alongside this ongoing learning, there are specific points in the year where these concepts are taught explicitly within PE—for example, when exploring the effects of exercise on the body, understanding the components of fitness, or learning how to warm up and cool down safely.

These key concepts are also reinforced across the wider curriculum. In PSHE, pupils learn about healthy lifestyles, personal wellbeing, and the choices that support both physical and mental health. In Science, pupils build secure knowledge of how the human body functions, how it changes, and how it responds to activity. This cross-curricular approach ensures pupils develop a strong, coherent understanding of physical health from multiple perspectives.

Within P.E. lessons, Health Related Fitness is explicitly taught, in addition to the learning already taking place, in Autumn 1 (week 7) and Autumn 2 (Week 7 and 8).