Physical Education 2025 – 2026

Year R - EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Introduction to PE	Gymnastics	Introduction to PE	FUNdamentals	Ball Skills	Orienteering
Lesson 2	Ball Skills	FUNdamentals	Dance	Gymnastics	Games	Dance
Daily Mile	Min. 3 per week					

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	FUNdamentals	Fitness	Ball Skills	Sending and Receiving	Athletics/ Superstars	Target Games
Lesson 2	Gymnastics	Invasion Games	Dance	Orienteering	Net and Wall/ Superstars	Striking and Fielding
Daily Mile	Min. 3 per week					

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Ball Skills	Fitness	Dodgeball	Orienteering	Athletics/ Superstars	Striking and Fielding/ Swimming (THURS)
Lesson 2	Gymnastics	FUNdamentals	Dance	Hockey	Tennis/ Superstars	Outdoor Adventure/ Swimming (THURS)
Daily Mile	Min. 3 per week					

Physical Education 2025 – 2026

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Ball Skills	Fitness	Alternative Sports	Uni Hoc	Athletics/ Swimming (WED/THURS)	Cricket/Superstars
Lesson 2	Gymnastics	FUNdamentals	Dance	Handball	Tennis/ Swimming (WED/THURS)	Orienteering/Superstars
Daily Mile	Min. 3 per week					

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Gymnastics	Dodgeball	Alternative Sports	Football/ Swimming (WED/THURS)	Rounders	Orienteering/ Superstars
Lesson 2	Netball	Fitness	Dance	Tri Golf/ Swimming (WED/THURS)	Athletics	Tennis/ Superstars
Daily Mile	Min. 3 per week					

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Fitness	Dodgeball	Orienteering/ Swimming (WED/THURS)	Hockey/ Swimming	Football/ Cricket coaching	Football/ Cricket coaching
Lesson 2	Tag Rugby	Basketball	Gymnastics/ Swimming (WED/THURS)	Dance/ Swimming	Athletics	Tennis
Daily Mile	Min. 3 per week					

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Tag Rugby/ Swimming (WED)	Netball/ Swimming (WED)	Sportshall Athletics	Archery	Rounders/ Swimming	Tennis/ Swimming (Non-swimmers - WED)
Lesson 2	Hockey/ Swimming (WED)	Dodgeball/ Swimming (WED)	Gymnastics	Dance	Orienteering/ Swimming	Football/ Swimming (Non-swimmers - WED)
Daily Mile	Min. 3 per week					