



Fulbourn Primary School PE Curriculum

Cycle A 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE	Dance (performance technique)	Gymnastics (fun gym shapes)	Gymnastics (move and hold)	Dance (control and co-ordination)	Yoga (Introduction)
	Fundamentals (unit 1)	Fundamentals (unit 2)	Forest School	Fundamentals (unit 3)	Games (Introduction)	Forest school / sports day preparation
KS1	Yoga	Dance (performance technique)	Gymnastics		Dance (Bollywood)	Athletics (jumping & throwing)
	Forest School	Ball skills	Invasion games (dodgeball)	Target games (boccia)	Forest school / sports day preparation	Athletics (running)
LKS2	Dance (Haka)	Gymnastics		Dance (performance technique)	Invasion games (netball)	Athletics
	Forest School	Net & wall games (badminton)	Invasion games (football)	Swimming	Striking and fielding (cricket)	Yoga
UKS2	Dance (dance styles)	Yoga	Gymnastics		Invasion games (quidditch)	Dance (performance technique)
	Swimming	Net & wall games (badminton)	Fitness	Forest School	Invasion games (football)	Athletics

Cycle B 2026-2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE	Dance (performance technique)	Gymnastics (fun gym shapes)	Gymnastics (move and hold)	Dance (control and co-ordination)	Yoga
	Fundamentals (unit 1)	Fundamentals (unit 2)	Forest School	Fundamentals (unit 3)	Games (Introduction)	Forest school / sports day preparation
KS1	Yoga	Dance (performance technique)	Gymnastics		Dance (Hip hop)	Athletics (jumping & throwing)
	Forest School	Ball skills	Invasion games (bench ball)	Target games (boccia)	Forest school / sports day preparation	Athletics (running)
LKS2	Dance (Charleston)	Gymnastics		Dance (performance technique)	Invasion games (quidditch)	Athletics
	Forest School	Striking & fielding (hockey)	Fitness	Swimming	Net & wall (tennis)	Yoga
UKS2	Dance (street dance)	Yoga	Gymnastics		Striking & fielding (rounders)	Dance (performance technique)
	Swimming	Striking & fielding (hockey)	Invasion games (netball)	Forest school	Net & wall (tennis)	Athletics

Note – there will be some differentiation in units taught across each phase to allow for a rotation of these units mixed in with swimming and forest school sessions.