

PE Curriculum Overview – Cycle A – 2025-2026

Phase	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<i>Teacher: Introduction to PE</i> <i>PPA: Fundamentals (unit 1)</i>	<i>Teacher: Dance (performance techniques)</i> <i>PPA: Fundamentals (unit 2)</i>	<i>Teacher: Gymnastics (Fun gym shapes)</i> <i>PPA: Greenland - Forest School Lapland - Fundamentals (unit 3)</i>	<i>Teacher: Gymnastics (Move and hold)</i> <i>PPA: Greenland – Fundamentals (unit 3) Lapland – Forest School</i>	<i>Teacher: Dance (Control and co-ordination)</i> <i>PPA: Games</i>	<i>Teacher: Yoga</i> <i>PPA: Greenland - Forest School/Sports Day prep Lapland - Sports Day prep/Forest School</i>
Year 1 and 2	<i>Teacher: Yoga</i> <i>PPA: Adriatic – Forest school Caribbean – Ball skills</i>	<i>Teacher: Dance (performance techniques)</i> <i>PPA: Adriatic – Ball skills Caribbean - Forest school</i>	<i>Teacher: Gymnastics</i> <i>PPA: Invasion games (dodgeball)</i>	<i>Teacher: Gymnastics</i> <i>PPA: Boccia</i>	<i>Teacher: Dance</i> <i>PPA: Adriatic – Forest School/Sports Day prep Caribbean – Sports Day Prep/Forest School</i>	<i>Teacher: Jumping</i> <i>PPA: Athletics (running)</i>
Year 3 and 4	<i>Teacher: Dance (Haka)</i> <i>PPA: Atlantic – Forest School Baltic – Badminton Mediterranean – Badminton</i>	<i>Teacher: Gymnastics</i> <i>PPA: Atlantic – Badminton Baltic – Forest School Mediterranean – Football</i>	<i>Teacher: Gymnastics</i> <i>PPA: Atlantic – Football Baltic – Football Mediterranean – Forest School</i>	<i>Teacher: Dance (performance techniques)</i> <i>PPA: Atlantic – Swimming Baltic – Cricket Mediterranean – Cricket</i>	<i>Teacher: Netball</i> <i>PPA: Atlantic – Cricket Baltic – Swimming Mediterranean – Yoga</i>	<i>Teacher: Athletics</i> <i>PPA: Atlantic – Yoga Baltic – Yoga Mediterranean – Swimming</i>
Year 5 and 6	<i>Teacher: Dance (Dance styles)</i> <i>PPA: Sherwood – Swimming Daintree – Badminton Redwood – Badminton</i>	<i>Teacher: Yoga</i> <i>PPA: Sherwood – Badminton Daintree – Swimming Redwood – Fitness</i>	<i>Teacher: Gymnastics</i> <i>PPA: Sherwood – Fitness Daintree – Fitness Redwood – Swimming</i>	<i>Teacher: Gymnastics</i> <i>PPA: Sherwood – Forest School Daintree – Football Redwood – Football</i>	<i>Teacher: Quidditch</i> <i>PPA: Sherwood – Football Daintree – Forest School Redwood – Athletics</i>	<i>Teacher: Dance (performance techniques)</i> <i>PPA: Sherwood – Athletics Daintree – Athletics Redwood – Forest School</i>

PE Curriculum Overview – Cycle B – 2026-2027

Phase	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception + R/1	Teacher: Introduction to PE PPA: Fundamentals (unit 1)	Teacher: Dance (performance techniques) PPA: Fundamentals (unit 2)	Teacher: Gymnastics (Fun gym shapes) PPA: Greenland - Forest School Lapland - Fundamentals (unit 3)	Teacher: Gymnastics (Move and hold) PPA: Greenland – Fundamentals (unit 3) Lapland – Forest School	Teacher: Dance (Control and co-ordination) PPA: Games	Teacher: Yoga PPA: Greenland - Forest School/Sports Day prep Lapland - Sports Day prep/Forest School
Year 1 and 2	Teacher: Yoga PPA: Adriatic – Forest school Caribbean – Ball skills	Teacher: Dance (performance techniques) PPA: Adriatic – Ball skills Caribbean - Forest school	Teacher: Gymnastics PPA: Invasion games (bench ball)	Teacher: Gymnastics PPA: Boccia	Teacher: Dance PPA: Adriatic – Forest School/Sports Day prep Caribbean – Sports Day Prep/Forest School	Teacher: Jumping PPA: Athletics (running)
Year 3 and 4	Teacher: Dance (Cold places) PPA: Atlantic – Forest School Baltic – Hockey Mediterranean – Hockey	Teacher: Gymnastics PPA: Atlantic – Hockey Baltic – Forest School Mediterranean – Fitness	Teacher: Gymnastics PPA: Atlantic – Fitness Baltic – Fitness Mediterranean – Forest School	Teacher: Dance (performance techniques) PPA: Atlantic – Swimming Baltic – Tennis Mediterranean – Tennis	Teacher: Quidditch PPA: Atlantic – Tennis Baltic – Swimming Mediterranean – Yoga	Teacher: Athletics PPA: Atlantic – Yoga Baltic – Yoga Mediterranean – Swimming
Year 5 and 6	Teacher: Dance (Street dance) PPA: Sherwood – Swimming Daintree – Hockey Redwood – Hockey	Teacher: Yoga PPA: Sherwood – Hockey Daintree – Swimming Redwood – Netball	Teacher: Gymnastics PPA: Sherwood – Netball Daintree – Netball Redwood – Swimming	Teacher: Gymnastics PPA: Sherwood – Forest School Daintree – Tennis Redwood – Tennis	Teacher: Rounders PPA: Sherwood – Tennis Daintree – Forest School Redwood – Athletics	Teacher: Dance (performance techniques) PPA: Sherwood – Athletics Daintree – Athletics Redwood – Forest School