

| | Reception | |
|----------|---------------------------|---------------------|
| Autumn 1 | Introduction to PE unit 1 | Fundamentals unit 1 |
| Autumn 2 | Introduction to PE unit 2 | Dance unit 1 |
| Spring 1 | Gymnastics unit 1 | Fundamentals unit 2 |
| Spring 2 | Ball skills unit 1 | Gymnastics unit 2 |
| Summer 1 | Ball skills unit 2 | Games unit 1 |
| Summer 2 | Games unit 2 | Dance unit 2 |

| KS1 | Year A | | Year B | |
|----------|---------------------|------------------------------|---------------------|------------------------------|
| Autumn 1 | Fundamentals (YR 2) | Dance (YR 1) | Fundamentals (YR 1) | Dance (YR 2) |
| Autumn 2 | Target games (YR 2) | Gymnastics (YR 1) | Target games (YR 1) | Gymnastics (YR 2) |
| Spring 1 | Ball skills (YR 2) | Yoga (YR 2) | Ball skills (YR 1) | Yoga (YR 1) |
| Spring 2 | Invasion (YR 2) | Sending and receiving (YR 2) | Invasion (YR 1) | Sending and receiving (YR 1) |
| Summer 1 | Net and wall (YR 1) | Team building (YR 1) | Net and wall (YR 2) | Team building (YR 2) |
| Summer 2 | Athletics (YR 1) | Striking and fielding (YR 1) | Athletics (YR 2) | Striking and fielding (YR 2) |

| KS2 | Year A | | Year B | |
|----------|------------------------------|-------------------|---------------------|------------------------------|
| Autumn 1 | Fundamentals (YR 3/4) | Hockey (YR 3/4) | Dodgeball (YR 3/4) | Yoga (YR 3/4) |
| Autumn 2 | Gymnastics (YR 4) | Football (YR 3/4) | Gymnastics (YR 3) | Tag rugby (YR 3/4) |
| Spring 1 | Dance (YR 3) | OAA (YR 3/4) | Dance (YR 4) | Ball skills (YR 3/4) |
| Spring 2 | Fitness (YR 3/4) | Netball (YR 3/4) | Basketball (YR 3/4) | Handball (YR 3/4) |
| Summer 1 | Tennis (YR 3) Swimming | Rounders (YR 3/4) | Tennis (YR 4) | Cricket (YR 3/4) Swimming |
| Summer 2 | Athletics (YR 3) Swimming | Golf (YR 3/4) | Athletics (YR 4) | OAA (YR 3/4) Swimming |