

Cycle A 2024/2025

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	Introduction to PE Unit 1	Fundamentals Unit 1	Gymnastics Unit 1	Dance Unit 1	Games Unit 1	Ball skills Unit 1
FS2	Introduction to PE Unit 2	Fundamentals Unit 2	Gymnastics Unit 2	Dance Unit 2	Games Unit 2	Ball skills Unit 2
Year 1	Fundamentals Ball skills	Fitness Yoga	Gymnastics Target Games	Dance Invasion Games	Athletics Net and Wall Games	Team Building Striking and Fielding Games
Year 2	Fundamentals Yoga	Gymnastics Dance	Target Games Swimming sessions Jan 30 th Feb 6 th , 13 th , 27 th Mar 6 th 13 th , 20 th , 27 th		Athletics Net and Wall Games	Team Building Striking and Fielding Games
Year 3	Fundamentals ¾ Basketball	Gymnastics Dodgeball	Fitness Dance	Handball OAA	Tennis Athletics	Football Rounders
Year 4	Athletics Swimming sessions Sept 10 th , 17 th , 24 th Oct 1 st , 8 th , 15 th , 29 th Nov 5 th , 12 th , 19 th , 26 th Dec 3 rd , 10 th		Athletics Swimming sessions Jan 7 th , 14 th , 21 st 28 th Feb 4 th , 11 th , 25 th Mar 4 th , 11 th , 18 th , 25 th		Athletics Swimming sessions May 20 th Jun 3 rd , 10 th , 17 th , 24 th Jul 1 st , 8 th	
Year 5 and 6	Dodgeball Yoga	Gymnastics Dance	Handball Tag Rugby	OAA Football	Dance Athletics	Cricket Fitness