

PE Curriculum Overview 2025/26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F1					Forest Schools (Fri NH)	Forest Schools (Fri NH) Yoga (Wed 1-2)
F2					Forest Schools (Mon JL)	Forest Schools (Mon JL) Yoga (Wed 2-3)
Year 1	Forest Schools (Tues 1:15 NH) Express - Fundamentals (Thurs 9-10)	<u>Express - Dance (Animals)</u> (Thurs 9-10) <u>iExercise - Jungle</u> (Core strength & balance)	Express - Multi-skills (Thurs 10-11) Yoga (Wed 2-3)	Express - Ball skills (Thurs 10-11) <u>iMoves - Pirates</u> (Locomotion, travelling & agility)	<u>iPractice - Machines</u> (Agility) <u>iCommunicate - Playtime</u> (Object control, agility & balance)	<u>iCreate - Funfair</u> (Co-ordination) <u>iThink- Wild West</u> (Locomotion, travelling & agility)
Year 2	Yoga (Wed 1-2) Express - Floor Gym (Thurs 10-11)	Express - Orienteering (Thurs 10-11) Forest Schools (Wed 1:15 NH + Teacher)	Express - Dance (Thurs 9-10) <u>Great Fire of London</u> <u>Fairy Tales</u> <u>iExercise - Workout World</u> (Core strength & balance)	Express - Multi-skills (Thurs 9-10) <u>iMoves - Combat Zone</u> (Locomotion, travelling & agility)	<u>iPractice - Sporting Best</u> (Agility) <u>iCommunicate - Ball Crazy</u> (Object control)	<u>iCreate - Skill Showdown</u> (Co-ordination) <u>iThink - Game Changers</u> (Balance & agility)
Year 3	Forest Schools (Mon 1:15 HG & GF) <u>iMove</u> (Agility & fitness)	Yoga (Wed 1-2) <u>iPractise</u> (Resilience & persistence)	Express - Floor Gym (Thurs 1-2) <u>iCommunicate</u> (Social skills & teamwork)	Swimming (Fri PM) <u>iThink</u> (Reasoning & solving)	Express - <u>iDance (Romans)</u> (Thurs 10-11) Swimming (Fri PM)	Express - Tennis (Thurs 10-11) Swimming (Fri PM)
Year 4	Swimming (Fri PM) <u>iDance - Egyptians</u>	Swimming (Fri PM) <u>iMoves - Football</u>	Swimming (Fri PM) <u>Gymnastics</u>	<u>Express - Gymnastics</u> (Thurs 1-2) <u>iMoves: Athletics 1</u>	Express - Rounders (Thurs 1-2) Yoga (Wed 1-2)	Express- Netball (Thurs 1-2) Forest Schools (Wed 1:15 HG & GF)
Year 5	Express - Quidditch (Thurs 1-2) <u>iMoves: Athletics 2</u>	Forest Schools (Tues 1:15 NH & Teacher) <u>Express - Floor Gym</u> (Thurs 1-2)	Yoga (Wed 1-2) Dodgeball	Yoga (Wed 1-2) Orienteering	<u>Express - App Gym</u> (Thurs 9-10) <u>iDance - Bollywood</u>	Express - Cricket (Thurs 9-10) Tennis
Year 6	<u>Express - Floor Gymnastics</u> (Thurs 2-3) Dodgeball	<u>Express - App Gym</u> (Thurs 2-3) Forest Schools (Wed 1:15 NH & Teacher)	<u>Express -iDance (Greece)</u> (Thurs 2-3) Orienteering	Express - Athletics (Thurs 2-3) Yoga (Wed 2-3)	Express - Basketball (Thurs 2-3) Rounders	Express - Tennis (Thurs 2-3)