



# PE Units 2025 - 2026

PE Curriculum Map										
Year Group	Year 1	Year 2	Year 3		Year 4		Year 5		Year 6	
Autumn 1	Invasion Games	Invasion Games	Invasion Games		Invasion Games		Rugby/Netball		Hockey/Football	
	Static Balance/Footwork Patterns	Static Balance/Footwork Patterns	Static Balance/Footwork Patterns		Static Balance/Footwork Patterns		Real Dance		Ball Skills/Reaction	
Autumn 2	Real Dance	Real Dance	Real Dance		Real Dance		Swimming		Real Dance	
	Jumping/ Static Balance	Jumping/ Static Balance	Jumping/ Static Balance		Jumping/ Static Balance		Ball Skills/Reaction		Static Balance/Floorwork	
Spring 1	Real Gym	Real Gym	Real Gym		Swimming		Real Gym		Real Gym	
	Dynamic Balance/ Static Balance	Ball Skills/ Counter Balance	Ball Skills/ Dynamic Balance		Ball Skills/ Dynamic Balance		Static Balance/Jumping		Dynamic/Counter Balance	
Spring 2	Real Dance	Real Dance	Swimming		Real Gym		Badminton		Tennis	
	Ball Skills/ Counter Balance	Sending and Receiving/Reaction	Sending/Receiving	Real Dance	Sending/Receiving	Real Dance	Static Balance/ Floorwork		Swimming	
Summer 1	Athletics	Athletics	Striking and Fielding		Striking and Fielding		Cricket		Rounders	
	Real Gym	Real Gym	Athletics	Real Gym	Athletics	Real Gym	Athletics	Real Dance	Athletics	Real Dance
Summer 2	Target Games	Target Games	Target Games	OAA	Target Games	OAA	Curling/Boccia	OAA	Golf	OAA
	Sending and Receiving/Reaction	Ball Chasing/Floor Work	Ball Chasing/Static Balance		Reaction/ Floor Work		Ball Chasing/Sending/Receiving		Ball Chasing/Sending/Receiving	