



PE CURRICULUM OVERVIEW 2025-2026

	Autumn 1		Autumn 2		Spring 1	Spring 2		Summer 1	Summer 2
Year 1	Real Play Bravery Island		Real Gym		Real Play Helpful Island	Real PE Applying Physical		Real PE Team Games	Athletics
Year 2	Real Play Helpful Island		Real Gym		Real PE Applying Physical	Real PE Multi-skills		Real PE Team Games	Athletics
Year 3	Games Ball Skills		Real Gym		Swimming	Swimming	Games Handball	Athletics	Striking fielding Cricket
Year 4	Swimming LJ	Real Gym MM	Swimming MM	Real Gym LJ	Games Hockey	Outdoor Adventure *		Net/wall Tennis	Athletics
Year 5	Games Basketball		Real Gym		Games Tag Rugby	Outdoor Adventure *		Athletics	Striking and Fielding Cricket/Rounders
Year 6	Games Dodgeball		Real Gym		Games Football	Outdoor Adventure *		Net/Wall Tennis	Athletics

From F2-Year 6, pupils are taught the following themes through REAL PE. This is delivered by the class teacher.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F2-Y6	Real PE Personal	Real PE Social	Real Dance	Real PE Cognitive	Real PE Creative	Real PE Health and Fitness

	Autumn	Spring	Summer
Enhanced Provision	Foundations & Regulation - Establishing routines and predictability - Introducing sensory circuit - Building early motor skills and regulation strategies - Supporting transitions and reducing sensor overwhelm Examples of activities: Small jumps with and without apparatus, Pushes/pulls, Running circuits including balancing activities. Examples of calming: Slow rolling on therapy ball, guided breathing	Coordination, Control & Social Skills - Developing coordination and motor planning - Increasing physical control and body awareness - Building attention span and task persistence - Introducing paired and cooperative activities Examples of activities: Ball dribbling or bouncing, Hula-hoop start/stop games, Jumping squares (coloured floor tiles) Examples of calming: Yoga shapes, slow rolling on therapy ball, guided breathing Swimming for identified children.	Independence, Application & Collaboration - Using developed motor skills in wider PE contexts - Encouraging independence within the sensory circuit - Building confidence in group activities - Embedding self-regulation tools Examples of activities: Relay races with simple roles, Target throwing games, Parachute warm-ups Examples of calming: Yoga shapes, slow rolling on therapy ball, guided breathing

*Outdoor Adventure to link with the topic/maths where possible