



# St. Alban's Catholic Primary School

## PE Overview 2025 - 2026



Subject	Autumn Term		Spring Term		Summer Term	
Nursery	Introduction to PE	Introduction to PE	Fundamentals	Fundamentals	Games	Sports Day
Reception	Introduction to PE	Fundamentals	Dance	Ball Skills Games	Gymnastics Games	Sports Day
Year 1	Fitness Invasion Games	Hockey Team Building	Net and Wall Games Dance	Ball Skills	Striking and Feilding Games Sending and Receiving	Sports Day Athletics
Year 2	Fitness	Team Building	Ball Skills	Invasion Games Dance	Sending and Receiving Striking and Feilding Games	Swimming: Beginners Sports Day
Year 3	Fitness Hockey	Basketball	Handball Rugby	Swimming Dance	Cricket Football	Sports Day Athletics
Year 4	Fitness Dodgeball	Skiping Hockey	Swimming	Handball	Football Swimming	Sports Day Athletics
Year 5	Fitness Dodgeball	Basketball Swimming	Parkour	Rugby	Boxercise Rounders	Sports Day Athletics

# Year 6

Fitness  
Swimming

Handball  
Hockey

Basketball

Boxercise

Athletics  
Tennis

Sports Day  
Swimming