



St James PE Curriculum Overview 2025-2026

	Term 1		Term 2		Term 3	
Early Years	Gymnastics Introduction to PE	Gymnastics Introduction to PE	Dance Introduction to PE	Dance Introduction to PE	Gymnastics Practice for Sports Day	Gymnastics Ball Skills
Year 1	Fitness Invasion Games	Target Games Invasion Games	Dance Sending and Receiving	Parkour Sending and Receiving	Gymnastics Practice for Sports Day	Gymnastics Target Games
Year 2	Fitness Invasion Games	Target Games Invasion games	Dance Sending and Receiving	Parkour Sending and Receiving	Gymnastics Practice for Sports Day	Gymnastics Target Games
Year 3	Fitness Bleep Test Football Netball	Fitness Football Basketball	Dance Dodgeball Hockey	Parkour Basketball Rounders	Gymnastics Practice for Sports Day Fitness and Athletics	Gymnastics Tennis
Year 4	Fitness Bleep Test Football Netball	Victoria Class Swimming Fitness Football	Dance Dodgeball Hockey Malawi Class Swimming	Parkour Basketball Rounders	Gymnastics Practice for Sports Day Fitness and Athletics Volleyball	Gymnastics Tennis Archery Golf
Year 5	Fitness Bleep Test Football	Fitness Football Basketball	Dance Dodgeball Hockey	Parkour Basketball Rounders	Gymnastics Practice for Sports Day	Gymnastics Tennis Archery

	Netball				Fitness and Athletics Volleyball	Golf
Year 6	Fitness Bleep Test Football Netball	Fitness Football Basketball	Dance Dodgeball Hockey	Parkour Basketball Rounders	Gymnastics Practice for Sports Day Fitness and Athletics Volleyball	Gymnastics Tennis Archery Golf