

## Overview of PE topics 2 year rolling cycle.

<b>YEAR A Reception</b>	Autumn Reception	Spring Reception	Summer Reception
PE topics/sports to be taught about	PE HUB UNIT 1 Term 1: Gymnastics Term 2: Dance	PE HUB UNIT 1 Term 1: Speed, Agility, Travel Term 2: Body Management	PE HUB UNIT 1 Term 1: Manipulation and Coordination Term 1: Cooperate and solve problems
<b>YEAR B Reception</b>	Autumn Reception	Spring Reception	Summer Reception
PE topics/sports to be taught about	PE HUB UNIT 2 Term 1: Gymnastics Term 2: Dance	PE HUB UNIT 2 Term 1: Speed, Agility, Travel Term 2: Body Management	PE HUB UNIT 2 Term 1: Manipulation and Coordination Term 1: Cooperate and solve problems
<b>YEAR A yr 1 2</b>	Autumn yr 1 2	Spring yr 1 2	Summer yr 1 2
PE topics/sports to be taught about	PE HUB UNIT 1 Term 1: Attack, Defend, Shoot Term 2: Gymnastics	PE HUB UNIT 1 Term 1: Dance Term 2: Send and return	PE HUB UNIT 1 Term 1: Hit, Catch, Run Term 2: Run Jump Throw
<b>YEAR B yr 1 2</b>	Autumn yr 1 2	Spring yr 1 2	Summer yr 1 2
PE topics/sports to be taught about	PE HUB UNIT 2 Term 1: Attack, Defend, Shoot Term 2: Gymnastics	PE HUB UNIT 2 Term 1: Dance Term 2: Send and return	PE HUB UNIT 2 Term 1: Hit, Catch, Run Term 2: Run Jump Throw
<b>YEAR A yr 3 4</b>	Autumn yr 3 4	Spring yr 3 4	Summer yr 3 4
PE topics/sports to be taught about	PE HUB UNIT 1 Term 1: Hockey Term 2: Gymnastics	PE HUB UNIT 1 Term 1: Dance Term 2: Football	PE HUB UNIT 1 Term 1: Tennis Term 2: Athletics
<b>YEAR B yr 3 4</b>	Autumn yr 3 4	Spring yr 3 4	Summer yr 3 4
PE topics/sports to be taught about	PE HUB UNIT 2 Term 1: Tag Rugby Term 2: Gymnastics	PE HUB UNIT 2 Term 1: Dance Term 2: Netball	PE HUB UNIT 2 Term 1: Cricket Term 2: Athletics
<b>YEAR A yr 5 6</b>	Autumn yr 5 6	Spring yr 5 6	Summer yr 5 6
PE topics/sports to be taught about	PE HUB UNIT 1 Term 1: Hockey Term 2: Gymnastics	PE HUB UNIT 1 Term 1: Dance Term 2: Football	PE HUB UNIT 1 Term 1: Tennis Term 2: Athletics
<b>YEAR B yr 5 6</b>	Autumn yr 5 6	Spring yr 5 6	Summer yr 5 6
PE topics/sports to be taught about	PE HUB UNIT 1 Term 1: Tag Rugby Term 2: Gymnastics	PE HUB UNIT 2 Term 1: Dance Term 2: Netball	PE HUB UNIT 2 Term 1: Cricket Term 2: Athletics
Spirituality links across the PE curriculum	<b>Unity and Belonging:</b> Students experience a sense of connection and shared purpose.  <b>Respect and Integrity:</b> Fair play and sportsmanship foster inner moral awareness.  <b>Joy in Movement:</b> Experiencing flow or 'being in the zone' can be deeply spiritual.		
	<b>Self-Expression:</b> Movement allows students to express feelings and ideas physically.  <b>Creativity and Aesthetic Appreciation:</b> Engaging in and watching dance/gymnastics can evoke awe.  <b>Personal Journey:</b> Students challenge themselves, fostering discipline and inner strength		
	<b>Personal Challenge and Mastery:</b> Pushing physical limits helps develop inner resilience.  <b>Solitude and Mindfulness:</b> Individual events offer space for reflection and mental focus.  <b>Joy of Achievement:</b> Reaching personal bests can create feelings of fulfillment.		

	<p><b>Connection with Nature:</b> Promotes awe, respect, and a sense of being part of something bigger.</p> <p><b>Trust and Teamwork:</b> Builds mutual respect and deep bonds.</p> <p><b>Overcoming Fear:</b> Facing challenges cultivates courage and self-belief</p>
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