



Saint Mary's Catholic Voluntary Academy

PE 2-year cycle

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Reception/Year 1 Cycle A	Introduction to PE – Unit 1 (EYFS)	Dance – Unit 1 (Year 1)	Ball Skills Unit 1 (EYFS)	Gymnastics – EYFS Unit 1	Games – Unit 2 (EYFS)	Team Building (Year 1)
Reception/Year 1 Cycle B	Fundamentals – Unit 1	Dance – Unit 2	Ball Skills	Gymnastics	Games– Striking and Fielding	Fitness
Year 2/3 Cycle A	Fundamentals Unit 2	Ball Skills	Invasion Games	Striking and Fielding	Swimming	Swimming
	Gymnastics		Dance	Fitness	Team Building	Yoga
Year 2/3 Cycle B	Fundamentals - Year 2/Year 3 skills	Ball Skills	Football	Hockey	Swimming	Swimming
	Dance		Gymnastics		Fitness	Yoga
Year 4/5 Cycle A	Handball	Basketball	Swimming	Swimming	Football	Athletics
	Dance		Gymnastics		Fitness	Yoga
Year 4/5 Cycle B	Dodgeball	Hockey	Swimming	Swimming	Netball	Rounders
	Dance		Gymnastics		Fitness	
Year 5/6 Cycle A	Swimming	Swimming	Tennis	Football	Cricket	Tag Rugby
	Gymnastics		Dance		Fitness	
Year 5/6 Cycle B	Swimming	Swimming	Dodgeball	Basketball	Badminton	Rounders
	Gymnastics		Dance		Fitness	

Cycle A – 2025-26

Cycle B – 2026-27