



**STAR OF THE SEA CATHOLIC PRIMARY SCHOOL 2025-2026**

**PE Overview**

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Access Coaching	<b>Introduction to PE: Unit 1</b>					
	Teacher Led		<b>Fundamentals: Unit 1</b>	<b>Ball Skills: Unit 1</b>	<b>Gymnastics: Unit 1</b>	<b>Dance: Unit 1</b>	<b>Games: Unit 1</b>
<b>Reception</b>	Access Coaching	<b>Introduction to PE: Unit 2</b>					
	Teacher Led		<b>Fundamentals: Unit 2</b>	<b>Ball Skills: Unit 2</b>	<b>Gymnastics: Unit 2</b>	<b>Dance: Unit 2</b>	<b>Games: Unit 2</b>
<b>Year 1 / 2</b>	Access Coaching	<b>Fundamentals</b>	<b>Commando Joe's: Traditional Tales</b>	<b>Commando Joe's: Simba and Me</b>	<b>Commando Joe's: Steve Backshall</b>	<b>Dance: Decote Dance</b>	<b>Commando Joe's:</b>
	Teacher Led	<b>Team Building</b>	<b>Sending and Receiving</b>	<b>Target Games</b>	<b>Net and Wall Games</b>	<b>Striking and Fielding</b>	<b>Gymnastics</b>
<b>Year 3 / 4</b>	Access Coaching	<b>Fitness</b>	<b>Commando Joe's: Ed Stafford</b>	<b>Commando Joe's: Levison Wood</b>	<b>Commando Joe's: Tim Peake</b>	<b>Dance: Decote Dance</b>	<b>Commando Joe's: Nancy Wake</b>
	Teacher Led	<b>Fundamentals Y3/4</b>	<b>Dodgeball</b>	<b>Hockey</b>	<b>Football</b>	<b>Gymnastics</b>	<b>Athletics</b>
<b>Year 5</b>	Access Coaching	<b>Fitness</b>	<b>Commando Joe's: Ernest Shackleton</b>	<b>Commando Joe's: Kira Salak</b>	<b>Commando Joe's: Ranulph Fiennes</b>	<b>Dance: Decote Dance</b>	<b>Commando Joe's: Amelia Earhart</b>
	Teacher Led	<b>Tennis</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Netball</b>	<b>Gymnastics</b>	<b>Cricket</b>
<b>Year 6</b>	Access Coaching	<b>Fitness</b>	<b>Commando Joe's: Nellie Bly</b>	<b>Commando Joe's: Leif Erikson</b>	<b>Commando Joe's: Spartacus</b>	<b>Dance: Decote Dance</b>	<b>Commando Joe's: Ibn Battuta</b>
	Teacher Led	<b>Tennis</b>	<b>OAA (Robin Wood) Dodgeball</b>	<b>Hockey</b>	<b>Football</b>	<b>Gymnastics</b>	<b>Athletics</b>