

Reception PE Overview 2025-2026

Our intention in Reception is for the children to have multiple opportunities to become familiar with basic movements to develop balance, coordination and strength. They will be exposed to a range of simple PE equipment so their curiosity and interest levels begin to take shape. In well-planned and effectively delivered lessons, they will be given appropriate, well-pitched activities to ensure they make good progress in the key fundamentals, always mindful of the spaces they are working in and keeping themselves safe. Good modelling and a positive attitude from staff towards physical activity will guarantee the children have a love for being outdoors, a love of being physically active and a love of sport, understanding that this also improves fitness, health and well-being.

Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
Introduction to PE Unit 1	Introduction to PE Unit 2	Dance Unit 1	Dance Unit 2	Ball Skills Unit 1	Ball Skills Unit 2
Fundamentals unit 1	Fundamentals unit 2	Gymnastics Unit 1	Gymnastics Unit 2	Games Unit 1	Games Unit 2