

Holy Souls PE Overview - 2025-2026

	Autumn 1 (6Weeks)	Autumn 2 (7Weeks)	Spring 1 (5Weeks)	Spring 2 (7Weeks)	Summer 1 (5Weeks)	Summer 2 (7Weeks)
EYFS	FMS - Baseline	FMS - How to catch a star (BRFC coaches)	FMS - Rumble in the jungle Add on: Tots2Tyres (BRFC coaches)	FMS - Jack and the Beanstalk	FMS - Transport	FMS - Seaside
Year 1	FMS - Baseline (BRFC coaches) + Dance	FMS - Underarm throw + Gymnastics	FMS - Catching and bouncing a ball + OAA - The Great Outdoors	Dance - Toy Story (BRFC) + FMS - Kicking Unit	Athletics + FMS - Overarm throw	FMS - Tri Throlf + FMS - Supertato (Baseline Unit)
Year 2	FMS - Supertato + FMS - Rolling a ball	Games - Piggy in the middle + Dance - Fire, Fire	FMS - Overarm throw (BRFC coaches) + Games - Net and Wall	Athletics + FMS - Bounce Ball	Gymnastics (BRFC coaches) + OAA - The Great Outdoors	FMS end of KS1 assessment + Games - Striking and Fielding
Year 3	FMS recap - Playground games in the 20th century + Invasion games - Handball (BRFC coaches)	Dance - Ironman + OAA - Trust and trails	OAA - Teamwork and Problem Solving + FMS - Overarm Throw	Dance - Rock and Roll + Gymnastics	Striking and Fielding - Cricket + Games - Net and Wall	Athletics (BRFC coaches) + Invasion games - Netball
Year 4	Gymnastics	Dance - The great plague + Target games - Dodgeball	Invasion games - Basketball (BRFC coaches) + Dance - Superheroes	Games - Net and Wall + Gymnastics	Athletics (BRFC coaches) + Invasion games - Rugby	Striking & Fielding - Rounders + OAA - Teamwork and problem-solving
Year 5	Swimming + Invasion Games - Rugby	Swimming + Dance - Earthlings	Net and Wall games - Tennis + Swimming	Gymnastics (BRFC coaches) + Swimming	Striking and Fielding Games - Cricket + OAA - Teambuilding	Athletics + Orienteering
Year 6	Invasion Games - Netball + OAA - Teambuilding	Gymnastics (BRFC coaches) + Invasion Games - Hockey	Dance - Highway Man + Invasion Games - Rugby	Net and Wall Games - Badminton + Orienteering	Athletics + Swimming (Catch up)	Striking & Fielding Games - Rounders + Dance (BRFC coaches)