



RADFORD SEMELE

CoFE PRIMARY SCHOOL

A family of learners expecting the best



P.E. Whole School Overview 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Sport: Brilliant Ball Skills Fitness: Mighty Movers Health: Healthy mind, emotions, goals	Sport: Groovy gymnastics Fitness: Boot Camp Health: Body parts and their function	Sport: Multi-skills Fitness: Gymfit circuits Health: Hygiene, medicine and exercise	Sport: Story Time Dance Fitness: Skip to the beat Health: Body protectors and body changes	Sport: Active Athletics Fitness: Cool Core Health: Relationship with others and opinions	Sport: Throwing and Catching Fitness: Fitness frenzy Health: Diet and vitamins
Year 2	Sport: Throwing and Catching – Cricket skills Sport: Multi skills Health: Healthy mind, emotions, goals	Fitness: Cool Core Sport: Gymnastics Health: Body parts and their function	Fitness: Bootcamp Sport: Ugly Bug Ball Dance Health: Hygiene, medicine and exercise	Sport: Brilliant Ball Skills Fitness: Gymfit Circuits Health: Body protectors and body changes	Sport: Active Athletics Fitness: Fitness Frenzy Health: Relationship with others and opinions	Sport: Mighty Movers Fitness: Skip to the beat Health: Diet and vitamins
Year 3	Fitness: Mighty Movers (Running) Sport: Gymnastics Health: Healthy mind, emotions, goals	Sport: Brilliant Ball Skills Sport: Multi skills Health: Body parts and their function	Sport: Swimming Sport: Outdoor Adventurous Activities Health: Hygiene, medicine and exercise	Sport: Swimming Sport: African Dance Health: Body protectors and body changes	Sport: Active Athletics Fitness: Cool Core Health: Relationship with others and opinions	Sport: Throwing and Catching – Cricket Fitness: Bootcamp Health: Diet and vitamins
Year 4	Sport: Swimming Fitness: Mighty Movers (Boxercise)	Sport: Swimming Sport: Gym sequences	Sport: Dynamic Dance Sport: Invaders (football)	Sport: Nimble Nets (Tennis)	Sport: Young Olympians Fitness: Gymfit (circuits)	Sport: Striking and fielding



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	Health: Healthy body, inside out	Health: Healthy mind, going for goals	Health: You are what you eat	Fitness: Step to the beat Health: Healthy body, blood and guts	Health: Healthy mind, healthy body	Fitness: Cool Core (Pilates) Health: Healthy lifestyle, germ busters
Year 5	Sport: Invaders– Netball Fitness: Cool Core (Pilates) Health: Healthy body, inside out	Sport: Gym Sequences Fitness: Mighty Movers (Boxercise) Healthy mind, going for goals	Sport: Dynamic Dance Fitness: Fitness Frenzy Health: You are what you eat	Sport: Nimble Nets (tennis) Fitness: Step to the beat Health: Healthy body, blood and guts	Sport: Young Olympians Fitness: Boot Camp Health: Healthy mind, healthy body	Swimming top up Sport: Striking and Fielding (Rounders) Sport: Outdoor Adventurous Activities Health: Healthy lifestyle, germ busters
Year 6	Sport: Outdoor Adventurous Activities Sport: Gym sequences Health: Healthy body, inside out	Sport: Nimble Nets (badminton) Fitness: Fitness Frenzy Healthy mind, going for goals	Sport: Invaders (Tag rugby) Fitness: Step to the beat Health: You are what you eat	Sport: Dynamic Dance Fitness: Bootcamp Health: Healthy body, blood and guts	Sport: Young Olympians Fitness: Mighty movers (boxercise) Health: Healthy mind, healthy body	Swimming top up Sport: Striking and fielding (rounders) Fitness: Cool core (Pilates) Health: Healthy lifestyle, germ busters