

| | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------------------------------------|----------------------------------|--------------------------------|-------------------------------|------------------------------|-------------------------------|-----------------------|-----------|
| Apple Year A | Cambridge SoW for PE | Gymnastics - Shape | Fundamentals 1 | Dance | Fundamentals 2 | Athletics | Athletics |
| | | Swimming | Dance – on parade | Yoga | Gymnastics - Move | Swimming | Swimming |
| Apple Year B | | Gymnastics – jump jack | Fundamentals 1 | Dance – Move Words | Fundamentals 2 | Athletics | Athletics |
| | | Swimming | Gymnastics – Rock Roll | Yoga | Dance - Weather | Swimming | Swimming |
| Palm Year A | | Gymnastics – Points of Contact | Fundamentals 1 | Dance – Great Fire of London | Fundamentals 2 | Athletics | Athletics |
| | | Swimming | Gymnastics – Ball, tall, wall | Yoga | Dance – Magical Friendships | Swimming | Swimming |
| Palm Year B | | Swimming | Games - Ball Handling | Dance | Dance – Machines | Athletics | Athletics |
| | | Gymnastics – Patterns Pathways | Gymnastics – Hand Apparatus | Yoga | Games – Striking and Fielding | Swimming | Swimming |
| | | Oak Year A | Swimming | Games – Ball on the Ground | Dance - Solar | Gymnastics – Rotation | Athletics |
| Gymnastics – Principles of Balance | | | Dance – the Haka | Yoga | Games – Net Games | Swimming | Swimming |
| Oak Year B | Swimming | Invasion Games - Football | Dance – Gold Place | Gymnastics – Press and Go | Athletics | Athletics | |
| | Gymnastics – Paired Compositions | Dance - Styles | Yoga | Games - Netball | Swimming | Swimming | |
| Willow | Swimming | Invasion Games - Hockey | Dance – On the Beach | Dance – Bully Me | Athletics | Athletics | |
| | Gymnastics – Group Work | Dance – Body Symmetry | Yoga | Games - Tag Rugby | Swimming | Swimming | |