Langstone Primary Academy



Outdoor PE

Overview 2026-27

Aim: A rich, curious journey of discovery .

Indoor PE



Unit	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Unit 1	First PE	Multi-skills	Multi-skills	Fitness	Fitness	Netball	Handball
	First PE	Fitness	Pirate Fitness	Multi-skills	Multi-skills	Leadership	Fitness
Unit 2	Bonfire Night	Ball Games	Ball skills	Quicksticks	Indoor Activities	Handball	Basketball
	Diwali	Yoga	Ball Games	Egyptian Dance	Gymnastics	Yoga	Gymnastics
Unit 3	Superhero Dance	Boccia	Dodgeball	Boccia	Quicksticks	Dodgeball	Roman Dance
	Fitness Fun	Gymnastics	Dance: Great Fire of London	Gymnastics	Dance	Active Science	Dodgeball
Unit 4	Fairytale adventure	Kwik Cricket	Kwik Cricket	Rounders	Kwik Cricket	Volleyball	Volleyball
	Gymnastics	Space Dance	Gymnastics	Tennis	Active Science	Gymnastics	Mini Muay Thai
Unit 5	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
	Multi-skills	Rugby	Athletics	Tudor Dance	Swimming	Football	Rounders
Unit 6	Enjoy a ball	Adventure Activities	Football Fun	Tag Rugby	Rounders	Rounders	Football
	Football	Fairy Dance	Adventure Activities	Adventure activities	Tennis	World War II Dance	Tag Rugby