



## PE Progression Journey

	Autumn Term	Spring Term	Summer Term
Year 2	<ul style="list-style-type: none"> <li>Swimming Beginners</li> <li>Fundamentals Unit 4</li> <li>Gymnastics Unit 4</li> <li>Dance Unit 4</li> </ul>	<ul style="list-style-type: none"> <li>Fitness Unit 2</li> <li>Yoga Unit 2</li> <li>Team Building Unit 2</li> <li>Ball Skills Unit 4</li> </ul>	<ul style="list-style-type: none"> <li>Athletics Unit 22</li> <li>Striking and Fielding Unit 2</li> <li>Net and Wall Games Unit 2</li> <li>Invasion Games Unit 2</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>Fundamentals Unit 3</li> <li>Gymnastics Unit 3</li> <li>Dance Unit 3</li> <li>Target Games Unit 1</li> </ul>	<ul style="list-style-type: none"> <li>Fitness Unit 1</li> <li>Yoga Unit 1</li> <li>Team Building Unit 1</li> <li>Ball Skills Unit 3</li> </ul>	<ul style="list-style-type: none"> <li>Athletics Unit 1</li> <li>Striking and Fielding Unit 1</li> <li>Net and Wall Games Unit 1</li> <li>Invasion Games Unit 1</li> </ul>
Foundation 2	<ul style="list-style-type: none"> <li>Swimming</li> <li>Dance Unit 2</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals Unit 2</li> <li>Gymnastics Unit 2</li> </ul>	<ul style="list-style-type: none"> <li>Ball Skills Unit 2</li> <li>Games Unit 2</li> </ul>
Foundation 1	<ul style="list-style-type: none"> <li>Introduction to PE</li> <li>Dance Unit 1</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals 1</li> <li>Gymnastics Unit 1</li> </ul>	<ul style="list-style-type: none"> <li>Ball Skills Unit 1</li> <li>Games Unit 1</li> </ul>