EYFS PE Overview 2026-27

Get Set for PE | Annual curriculum overview for the Early Years Foundation Stage

Autumn term	Spring term	Summer term
Autumn 1 Introduction to PE - Unit 1 Gymnastics - Unit 1	**Spring 1** Fundamentals - Unit 1 Dance - Unit 1	**Summer 1** Games - Unit 1 Ball Skills - Unit 1
Autumn 2 Introduction to PE - Unit 2 Gymnastics - Unit 2	**Spring 2** Fundamentals - Unit 2 Dance - Unit 2	**Summer 2** Games - Unit 2 Ball Skills - Unit 2

What will children learn - These summaries cover Units 1 and 2 in each area.

Intro to PE	Children learn to move safely, find space, follow instructions and take turns. Fun activities help them build confidence and work with others.
Gymnastics	Children explore shapes, balances, rolls and jumps. They develop strength, coordination and control, beginning to link movements together.
Fundamentals	Children practise running, stopping, jumping, hopping and balancing. They explore different speeds and directions, developing confidence and control in their movements.
Dance	Children explore movement through music, stories and imaginative themes. They develop rhythm, express ideas and feelings, and link movements into short sequences.
Games	Children use their movement skills in simple games, learning to follow rules, take turns and cooperate. They develop an understanding of teamwork and fair play.
Ball Skills	Children practise rolling, throwing, catching, kicking and controlling a ball. They develop coordination and accuracy through individual and partner activities.