



Physical Education Information

+
2025/2026

Staff this year...



**Mrs Percival-
PE Lead**



**Mrs Taylor-
Reception
teacher**



**Mrs Johnson-
Allen-
Year 3/4 teacher**

What can I wear?

+ P.E Kit

+ Royal blue polo or T-shirt



+ Black shorts or tracksuit bottoms



+ Black pumps (indoor)



+ Trainers (outdoor)



+ Tracksuit or jumper for colder weather outdoors

+ All jewellery must be removed.

Curriculum Overview...



Squirrel Hayes First School: PE Curriculum Map UNCLASSIFIED

Learning Lens			
Contextual Rational: Squirrel Hayes First School is located in an area of high social and emotional deprivation. Children typically start school with low starting points and the school has local reputation of good practice for children with additional needs. We foster skills of resilience, resourcefulness, reciprocity and reflectiveness as the cornerstones of emotional character to develop lifelong learning.			
Cycle A			
Reception	Autumn <ul style="list-style-type: none"> Gymnastics Unit 1 Dance Unit 1 	Spring <ul style="list-style-type: none"> Body Management Unit 1 Skills used to control the body in a variety of situations. These skills require an integration of agility, coordination, balance, and flexibility. Speed Agility Travel Unit 1 Agility helps performance in activities that require children to change direction quickly whilst keeping balance, strength, speed and body. 	Summer <ul style="list-style-type: none"> Manipulation and coordination Unit 1 General activities to improve hand function/ hand-eye coordination Cooperate and solve problems Unit 1 Move confidently and cooperatively in space working well with partners.
Year 1/2 Year 1 units	Autumn <ul style="list-style-type: none"> Gymnastics Unit 1 Dance Unit 1 	Spring <ul style="list-style-type: none"> Attack Defend Shoot Unit 1 Hit Catch Run Unit 1 	Summer <ul style="list-style-type: none"> Run Jump Throw Unit 1 Send & Return Unit 1
Year 3/4	Autumn <ul style="list-style-type: none"> Gymnastics Unit 1 Dance Unit 1 	Spring <ul style="list-style-type: none"> Tennis Football 	Summer <ul style="list-style-type: none"> Athletics Cricket
Cycle B			
Reception	Autumn <ul style="list-style-type: none"> Gymnastics Unit 2 Dance Unit 2 	Spring <ul style="list-style-type: none"> Body Management Unit 2 Skills used to control the body in a variety of situations. These skills require an integration of agility, coordination, balance, and flexibility. Speed Agility Travel Unit 2 Agility helps performance in activities that require children to change direction quickly whilst keeping balance, strength, speed and body. 	Summer <ul style="list-style-type: none"> Manipulation and coordination Unit 2 General activities to improve hand function/ hand-eye coordination Cooperate and solve problems Unit 2 Move confidently and cooperatively in space working well with partners.
Year 1/2	Autumn <ul style="list-style-type: none"> Gymnastics Unit 2 Attack Defend Shoot Unit 2 	Spring <ul style="list-style-type: none"> Dance Unit 2 Hit Catch Run Unit 2 	Summer <ul style="list-style-type: none"> Run Jump Throw Unit 2 Send & Return Unit 2
Year 3/4	Autumn <ul style="list-style-type: none"> Gymnastics Unit 2 Dance Unit 2 	Spring <ul style="list-style-type: none"> Badminton Netball 	Summer <ul style="list-style-type: none"> Tag Rugby Rounders

PE Days for each class...

Please come to school in your PE kit on these days. You will also need to come in your PE kit on Fridays for Fit Fridays.

+ Tuesday- Year 3/4 Draco



Mrs Johnson-
Allen-
Year 3/4 teacher

+ Wednesday- Year 1/2 Hydra



Mrs Percival-
PE Lead

Friday- Reception



Mrs Taylor-
Reception
teacher

Healthy body, healthy mind...



- +Your body needs fuel!
- +Lack of food can make you feel faint.
- +Avoid high sugar foods as this gives you a high, but your body can crash afterwards, and you can feel rubbish!!
- +Drink plenty of water, it helps your skin and keeps you hydrated. You will find it much easier to concentrate!

