



RSE Curriculum 2025-2026



	Autumn 1	Autumn 2	Spring1	Spring 2	Summer1	Summer 2
Year 1	Invasion Games (SHRLC) Fundamentals	Ball Skills (LFC) Gymnastics	Team Building Dance (PDT)	Dance (PDT) Sending and Receiving (SHRLC)	Athletics (LFC) Gymnastics	Target Games Striking and Fielding Games
Year 2	Fundamentals Ball skills (LFC)	Invasion Games (SHRLC) Dance (PDT)	Sending and Receiving (LFC) Team Building	Target Games (SHRLC) Gymnastics	Gymnastics Athletics	Striking and Fielding Games (LFC) Athletics
Year 3	Rugby (SHRLC) Fundamentals 3/4	Dance (PDT) Gymnastics	Ball Skills (LFC) Fitness	Handball Yoga	Dance (PDT) Athletics	Rugby (SHRLC) Football (LFC)
Year 4	Ball Skills (LFC) Dance (PDT)	Rugby (SHRLC) Fundamentals 3/4	Gymnastics Fitness	Rugby (SHRLC) Gymnastics	Football (LFC) Swimming (MLC)	Swimming (MLC) Athletics
Year 5	Dance (PDT) Gymnastics	Fitness Handball	Dance (PDT) Swimming (MLC)	Football (LFC) Swimming (MLC)	Rugby (SHRLC) Athletics	Rugby (SHRLC) Rounders
Year 6	Swimming (MLC) Yoga	Football (LFC) Swimming (MLC)	Rugby (SHRLC) Fitness	Football (LFC) Gymnastics	Dance (PDT) Athletics	Dance (PDT) Rounders

External Providers 2025-26:

LFC – Liverpool Football Club
SHRLC – St Helens Rugby League Club
PDT – Professional Dance Teacher
MLC – Meadows Leisure Centre