



The Discovery School PE Units 2026 –2027 – Twinkl Move



Term	Where	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
1	Indoor	Gymnastics	Dance	Circuit Training	Dance	Gymnastics	Yoga
	Outdoor	Throwing & Catching	Invasion Games	Attacking & Defending (Football)	Bat & Ball (Tennis)	Running & Jumping	Multi Skills (Sports Day)
2	Indoor	Gymnastics	Dance	Circuit Training	Dance	Gymnastics	Dance
	Outdoor	Throwing & Catching	Invasion Games (Football)	Attacking & Defending (Netball)	Bat & Ball (Tennis)	Target Games	Athletics
3	Indoor	Gymnastics	Dodge ball	Circuit Training	Dance	Gymnastics	Dance
	Outdoor	OAA	Invasion Games (Netball)	Football	Striking & Fielding (Cricket)	Athletics	Tennis
4	Indoor	Gymnastics	Dance	Circuit Training	Dance	Gymnastics	Dance
	Outdoor	OAA	Tag Rugby	Invasion Games	Badminton	Cricket	Athletics
5	Indoor	Gymnastics	Dance	Circuit Training	Gymnastics	Dance	Handball
	Outdoor	OAA	Invasion Games	Basketball	Tennis	Rounders	Athletics

6	Indoor	Gymnastics	Dance	Circuit Training	Leadership Skills	Dance	Gymnastics
	Outdoor	Football	OAA	Netball	Volleyball	Invasion Games (Cricket)	Athletics

Due to copyright, we are unable to publish the learning objectives for each unit. The school holds a digital copy of the progression of skills, and these are available to be viewed on request. Alternatively, they can also be viewed on:

<https://www.twinkl.co.uk/resources/twinkl-move>

