



Year A	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Real PE <i>Personal</i>	Sports <i>Applying skills</i>	Real PE <i>Social</i>	Sports <i>Applying skills</i>	Real PE <i>Cognitive</i>	Sports <i>Applying skills</i>	Real PE <i>Creative</i>	Sports <i>Applying skills</i>	Real PE <i>Physical</i>	Sports <i>Applying skills</i>	Real PE <i>Health & Fitness</i>	Sports <i>Applying skills</i>
EYFS	1- Follow Instructions <ul style="list-style-type: none"> Coordination- Footwork Static Balance- One leg balance 	Forest School	2- Play with Others <ul style="list-style-type: none"> Dynamic balance to Agility- Jumping and landing Static balance- seated balance 		3- Follow Rules <ul style="list-style-type: none"> Dynamic balance- dynamic balance Static balance- stance 		4- Observe and Copy <ul style="list-style-type: none"> Coordination- ball skills Counter balance- counter balance 		Real Dance- Move in Different Ways <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 		6- Exercise and Good Health <ul style="list-style-type: none"> Agility- ball chasing Static balance- floor work 	Forest School
			Cross Country				Dance Multi-Skills					
Year 1/2	Yr1 Unit 1- Stay on Task <ul style="list-style-type: none"> Coordination- Footwork Static Balance- One leg balance 	Ball Games- passing, throwing & kicking	Real Dance- Understand Others <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	Ball Games- passing, throwing & kicking	3- Observe and Describe <ul style="list-style-type: none"> Dynamic balance- dynamic balance Static balance- stance 	Invasion Games	Yr2- Unit 4 Explore and Describe <ul style="list-style-type: none"> Coordination- ball skills Counter balance- counter balance 	X2 Invasion Games X3 Forest School	5- Control Movement <ul style="list-style-type: none"> Coordination- Sending and receiving Agility Reaction/resp onse 	Forest School	6- Exercise and the Body <ul style="list-style-type: none"> Agility- ball chasing Static balance- floor work 	Athletics Forest School
			Cross Country				Dance Multi-Skills					
Year 3/4	1- Know Where I am in my Own Learning <ul style="list-style-type: none"> Coordination- Footwork Static Balance- One leg balance 	Swimming	Real Dance- Share Ideas <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	Swimming	3- Recognise Success <ul style="list-style-type: none"> Dynamic balance- dynamic balance Coordination- Balls skills 	Swimming Forest School	4- Respond Differently <ul style="list-style-type: none"> Coordination- Sending and receiving Counterbalan ce- Counter balance 	Swimming X2 Forest School	5- Perform and Repeat <ul style="list-style-type: none"> Agility- Reaction/resp onse Static balance- Floor work 	Swimming	6- Know How and Why the Body Changes <ul style="list-style-type: none"> Agility- ball chasing Static balance- stance 	Swimming Forest School
	Football		Cross Country		Dance						Dodgeball	
Year 5/6	1- React Positively to Challenge <ul style="list-style-type: none"> Coordination- Balls skills Agility- Reaction/resp onse 	Ball Games- passing, throwing & kicking	Real Dance- Provide Helpful Feedback <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	Forest School	3- Judge Performance <ul style="list-style-type: none"> Static balance- Stance Coordination- Footwork 	Invasion Games	4- Express Ideas <ul style="list-style-type: none"> Static balance- seated balance Static balance- Floorwork 	Invasion Games	5- Combining Skills in Specific Contexts <ul style="list-style-type: none"> Dynamic balance to agility- Jumping and landing Static balance- One leg balance 	Athletics	6- Describe Basic Fitness Components <ul style="list-style-type: none"> Coordination- Sending and receiving Agility- ball chasing 	Athletics Forest School
	Football Netball		Cross Country		Dance				Striking Games			