



Year A	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Real PE Personal	Sports Applying skills	Real PE Social	Sports Applying skills	Real PE Cognitive	Sports Applying skills	Real PE Creative	Sports Applying skills	Real PE Physical	Sports Applying skills	Real PE Health & Fitness	Sports Applying skills
EYFS	1- Follow Instructions • Coordination- Footwork • Static Balance- One leg balance	Forest School	2- Play with Others • Dynamic balance to Agility- Jumping and landing • Static balance- seated balance		3- Follow Rules • Dynamic balance- dynamic balance • Static balance- stance		4- Observe and Copy • Coordination- ball skills • Counter balance- counter balance		Real Dance- Move in Different Ways • Artistry • Partnering • Circles • Shapes		6- Exercise and Good Health • Agility- ball chasing • Static balance- floor work	Forest School
			Cross Country				Dance Multi-Skills					
Year 1/2	Yr1 Unit 1- Stay on Task • Coordination- Footwork • Static Balance- One leg balance	Ball Games- passing, throwing & kicking	Real Dance- Understand Others • Artistry • Partnering • Circles • Shapes	Ball Games- passing, throwing & kicking	3- Observe and Describe • Dynamic balance- dynamic balance • Static balance- stance	Invasion Games	Yr2- Unit 4 Explore and Describe • Coordination- ball skills • Counter balance- counter balance	X2 Invasion Games X3 Forest School	5- Control Movement • Coordination- Sending and receiving • Agility Reaction/response	Forest School	6- Exercise and the Body • 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 • Coordination- Footwork • Static Balance- One leg balance	Swimming	Real Dance- Share Ideas • Artistry • Partnering • Circles • Shapes	Swimming	3- Recognise Success • Dynamic balance- dynamic balance • Coordination- Balls skills	Swimming Forest School	4- Respond Differently • Coordination- Sending and receiving • Counterbalance- Counter balance	Swimming X2 Forest School	5- Perform and Repeat • Agility- Reaction/response • Static balance- Floor work	Swimming	6- Know How and Why the Body Changes • Agility- ball chasing • Static balance- stance	Swimming Forest School
	Football		Cross Country		Dance						Dodgeball	
Year 5/6	1- React Positively to Challenge • Coordination- Balls skills • Agility- Reaction/response	Ball Games- passing, throwing & kicking	Real Dance- Provide Helpful Feedback • Artistry • Partnering • Circles • Shapes	Forest School	3- Judge Performance • Static balance- seated balance • Coordination- Footwork	Invasion Games	4- Express Ideas • Static balance- seated balance • Static balance- Floorwork	Invasion Games	5- Combining Skills in Specific Contexts • Dynamic balance to agility- Jumping and landing • Static balance- One leg balance	Athletics	6- Describe Basic Fitness Components • Coordination- Sending and receiving • Agility- ball chasing	Athletics Forest School
	Football Netball		Cross Country		Dance				Striking Games			