

PE	Autumn 1 <i>Personal</i> Real PE Real Gym/Dance	Autumn 2 <i>Social</i> Real PE Real Gym / Dance	Spring 1 <i>Cognitive</i> Real PE Real Gym / Dance	Spring 2 <i>Creative</i> Real PE Real Gym / Dance	Summer 1 <i>Applying Physical</i> Real PE RealGym	Summer 2 <i>Health and Fitness</i> Real PE / Swimming programme
PE Y1/2 A	Coordination: Footwork Dynamic Balance to Agility: Jumping and Landing Gymnastics 1	Dynamic Balance: On a Line Coordination: Ball Skills Dance 2	Coordination: Sending and Receiving Agility: Ball Chasing Gymnastics 3	Static Balance: One Leg Static Balance: Seated Dance 4	Static Balance: Stance Counter Balance: With a Partner Gymnastics 5	Agility: Reaction/ Response Static Balance: Floor Work Outdoor Adventurous
PE Y1/2 B	Coordination: Footwork Dynamic Balance to Agility: Jumping and Landing Dance 1	Dynamic Balance: On a Line Coordination: Ball Skills Gymnastics 2	Coordination: Sending and Receiving Agility: Ball Chasing Outdoor Adventurous	Static Balance: One Leg Static Balance: Seated Gymnastics 4	Static Balance: Stance Counter Balance: With a Partner Dance Unit 6	Agility: Reaction/ Response Static Balance: Floor Work
PE Y3/4 A	Skill – Coordination: Footwork Cool Down – Static Balance: One Leg Tag Rugby/ Swimming Gymnastics 1	Skill – Dynamic Balance to Agility: Jumping and Landing Cool Down – Static Balance: Seated Football Dance 3	Skill – Dynamic Balance: On a Line Cool Down – Coordination: Ball Skills Hockey Gymnastics 4	Skill – Coordination: Sending and Receiving Cool Down – Counter Balance: With a Partner Netball Dance 5	Skill – Agility: Reaction/ Response Cool Down – Static Balance: Floor Work Tennis Outdoor Adventurous	Skill – Agility: Ball Chasing Cool Down – Static Balance: Stance Athletics/ Swimming
PE Y3/4 B	Skill – Coordination: Footwork Cool Down – Static Balance: One Leg Tag Rugby/ Swimming Dance 1	Skill – Dynamic Balance to Agility: Jumping and Landing Cool Down – Static Balance: Seated Football Gymnastics 2	Skill – Dynamic Balance: On a Line Cool Down – Coordination: Ball Skills Hockey Outdoor Adventurous	Skill – Coordination: Sending and Receiving Cool Down – Counter Balance: With a Partner Netball Dance 3	Skill – Agility: Reaction/ Response Cool Down – Static Balance: Floor Work Tennis Gymnastics Unit 6	Skill – Agility: Ball Chasing Cool Down – Static Balance: Stance Athletics/ Swimming
PE Y5/6 A	Coordination: Ball Skills Agility: Reaction/ Response Tag Rugby/ Swimming Gymnastics 1 Outdoor Adventurous	Static Balance: Seated Static Balance: Floor Work Football Dance 2	Dynamic Balance: On a Line Counter Balance: With a Partner Hockey Gymnastics 3	Static Balance: One Leg Dynamic Balance to Agility: Jumping and Landing Netball Dance 5	Static Balance: Stance Coordination: Footwork Tennis Gymnastics 6	Agility: Ball Chasing Coordination: Sending and Receiving Athletics/ Swimming Outdoor Adventurous
PE Y5/6 B	Coordination: Ball Skills Agility: Reaction/ Response Tag Rugby/ Swimming	Static Balance: Seated Static Balance: Floor Work Football Gymnastics 2	Dynamic Balance: On a Line Counter Balance: With a Partner	Static Balance: One Leg Dynamic Balance to Agility: Jumping and Landing	Static Balance: Stance Coordination: Footwork Tennis Dance Unit 6	Agility: Ball Chasing Coordination: Sending and Receiving Athletics/

	Swimming Dance 1 Outdoor Adventurous		Hockey Dance 4	Netball Gymnastics 5		Swimming Outdoor Adventurous
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