PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
. –	Personal	Social	Cognitive		Applying	Health and
					Physical	Fitness
	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE /
	Real Gym/Dance	Real Gym /	Real Gym /	Real Gym / Dance	RealGym	Swimming
		Dance	Dance	·	-	programme
PE		Dynamic	Coordination:	Static Balance:		Agility:
Y1/2 A	Footwork	Balance:	Sending and		Stance	Reaction/
	Dynamic	On a Line	Receiving		Counter	Response
	Balance	Coordination:	Agility:		Balance:	Static
	to Agility:	Ball Skills	Ball Chasing	Dance 4		Balance:
	Jumping		Gymnastics 3		Gymnastics 5	Floor
		Dance 2				Work Outdoo
DE	Gymnastics 1		0 " "	0 5	0, ;;	r Adventurous
PE		Dynamic	Coordination:	Static Balance:		Agility:
Y1/2	Footwork	Balance:	Sending and	One Leg	Stance	Reaction/
В	Dynamic Balance to	On a Line Coordination:	Receiving		Counter Balance:	Response Static
	Agility:	Ball Skills	Agility: Ball Chasing		With a Partner	Balance:
	Jumping	Gymnastics 2	Dali Chasing	Gymnasiics 4	Dance	Floor Work
	and Landing	Gymnasiics 2	Outdoor		Unit 6	I IOOI VVOIK
	Dance 1		Adventurous		OTIL O	
PE	Skill –	Skill –	Skill – Dynamic	Skill –	Skill – Agility:	Skill – Agility:
Y3/4		Dynamic	Balance:		Reaction/	Ball Chasing
A	Footwork	Balance	On a Line		Response	Cool Down –
		to Agility:	Cool Down –		Cool Down –	Static
	Static Balance:	Jumping and	Coordination:	Cool Down –	Static Balance:	Balance:
	One Leg	Landing	Ball Skills	Counter Balance:	Floor Work	Stance
	Tag Rugby/	Cool Down –	Hockey	With a Partner	Tennis	Athletics/
	Swimming	Static Balance:	Gymnastics 4	Netball		Swimming
	Gymnastics 1	Seated			Outdoor	
		Football			Adventurous	
		Dance 3		<b>-</b>		
PE	Skill –	Skill –	Skill – Dynamic		Skill – Agility:	Skill – Agility:
		Dynamic Balance	Balance:		Reaction/	Ball Chasing
В	Footwork Cool Down –		On a Line Cool Down –	Sending and Receiving	Response Cool Down –	Cool Down –   Static
	Static Balance:	to Agility: Jumping and	Coordination:	. •		Balance:
	One Leg	Landing	Ball Skills			Stance
	Tag Rugby/	Cool Down –	Hockey		Tennis	Athletics/
	Swimming	Static Balance:	liconcy	Netball	Gymnastics	Swimming
	······································	Seated	Outdoor	Dance 3	Unit 6	
	Dance 1	Football	Adventurous			
		Gymnastics 2				
PE	Coordination:		Dynamic	Static Balance:		Agility:
Y5/6	Ball Skills		Balance:	One Leg Dynamic		Ball Chasing
Α	Agility:		On a Line	Balance to Agility:		Coordination:
	Reaction/	Floor Work	Counter		Footwork	Sending and
	Response	Football	Balance:		Tennis	Receiving
	Tag Rugby/	Dance 2	With a Partner	Netball	Gymnastics 6	Athletics/
	Swimming		Hockey	Dance 5		Swimming
	Gymnastics 1		Gymnastics 3			Outdoor
	Outdoor Adventurous					Adventurous
PE	Coordination:	Static Balance:	Dynamic	Static Balance:	Static Balance:	Agility:
	Ball Skills		Balance:		Stance	Ball Chasing
. 3/0 15	Agility:		On a Line	Dynamic Balance	Coordination:	Coordination:
	<u> </u>	Floor Work	Counter	to Agility:	Footwork	Sending and
	Reaction/	ILIOOL AAOLK	Counter	IU AUIIIV.	II OOLWOIK	
	Reaction/ Response	Football	Balance:		Tennis	Receiving

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