



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 1	NC	<p>master basic movements</p> <p>develop balance and co-ordination, and begin to apply these in a range of activities</p> <p>☐☐participate in team games, developing simple tactics for attacking and defending</p>	<p>master basic movements including running and jumping, develop balance and agility and begin to apply these in a range of activities</p> <p>☐☐participate in team games, developing simple tactics for attacking and defending</p>	<p>master basic movements</p> <p>develop balance and begin to apply these in a range of activities</p> <p>☐☐participate in team games, developing simple tactics for attacking and defending</p>	<p>master basic movements including running, throwing and catching, as well as developing balance and co-ordination, and begin to apply these in a range of activities</p> <p>☐☐participate in team games, developing simple tactics for attacking and defending</p>	<p>master basic movements including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities</p> <p>☐☐participate in team games, developing simple tactics for attacking and defending</p>	<p>master basic movements develop balance and agility, apply in a range of activities</p> <p>perform dances using simple movement patterns.</p>
	LGPS	<p>Real PE Unit 1</p> <p>Weeks 1-3 Coordination: Footwork</p> <p>Weeks 4-6 Static Balance: One Leg</p> <p>GYMNASTICS</p>	<p>Real PE Unit 2</p> <p>Weeks 1-3 Dynamic Balance to Agility: Jumping and Landing</p> <p>Weeks 4-6 Static Balance: Seated</p> <p>GYMNASTICS</p>	<p>Real PE Unit 3</p> <p>Weeks 1-3 Dynamic Balance: On a Line</p> <p>Weeks 4-6 Static Balance: Stance</p> <p>GYMNASTICS</p>	<p>Real PE Unit 4</p> <p>Weeks 1-3 Coordination: Balls Skills</p> <p>Weeks 4-6 Counter Balance: With a Partner</p> <p>GYMNASTICS</p>	<p>Real PE Unit 5</p> <p>Weeks 1-3 Coordination: Sending and Receiving</p> <p>Weeks 4-6 Agility: Reaction/Response</p> <p>GYMNASTICS</p>	<p>Dance taught by class teacher instead of Real PE</p> <p>GYMNASTICS</p>
YEAR 2	NC	<p>master basic movements</p> <p>develop balance and co-ordination, and begin to apply these in a range of activities</p>	<p>master basic movements including running and jumping develop balance and agility and begin to apply these in a range of activities</p>	<p>master basic movements</p> <p>develop balance and begin to apply these in a range of activities</p>	<p>master basic movements including running, throwing and catching, develop balance and co-ordination, and begin to</p>	<p>master basic movements including running, throwing and catching, as well as developing agility and co-ordination, and begin</p>	<p>master basic movements including running, throwing and catching, develop balance and agility</p>



PE OVERVIEW



		<ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> and apply these in a range of activities perform dances using simple movement patterns.
	LGPS	<p>Real PE Unit 1 Weeks 1-3 Coordination: Footwork Weeks 4-6 Static Balance: One Leg</p> <p>GYMNASTICS</p>	<p>Real PE Unit 2 Weeks 1-3 Dynamic Balance to Agility: Jumping and Landing Weeks 4-6 Static Balance: Seated</p> <p>GYMNASTICS</p>	<p>Real PE Unit 3 Weeks 1-3 Dynamic Balance: On a Line Weeks 4-6 Static Balance: Stance</p> <p>GYMNASTICS</p>	<p>Real PE Unit 4 Weeks 1-3 Coordination: Balls Skills Weeks 4-6 Counter Balance: With a Partner</p> <p>GYMNASTICS</p>	<p>Real PE Unit 5 Weeks 1-3 Coordination: Sending and Receiving Weeks 4-6 Agility: Reaction/Response</p> <p>GYMNASTICS</p>	<p>Dance taught by class teacher instead of Real PE</p> <p>GYMNASTICS</p>
YEAR 3	NC	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. take part in outdoor and adventurous activity challenges 	<ul style="list-style-type: none"> use jumping in isolation and in combination develop flexibility, strength, technique, control and balance [for example, through gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use throwing and catching develop flexibility, strength, technique, control and balance [for example, through gymnastics] compare their performances with previous ones and demonstrate improvement to 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance [for example, through gymnastics] compare their performances with previous ones and demonstrate 	<ul style="list-style-type: none"> use throwing and catching play competitive games [for example, cricket] apply basic principles develop flexibility, strength, technique, control and balance [for example, through gymnastics]



PE OVERVIEW



		both individually and within a team		achieve their personal best.		improvement to achieve their personal best.	
	LGPS	Real PE Unit 1 Coordination: Floor Movement Patterns Static Balance: One Leg Standing GYMNASTICS	Real PE Unit 2 Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated GYMNASTICS	Real PE Unit 3 Dynamic Balance: On a Line Coordination: Balls Skills GYMNASTICS	Dance taught by class teacher instead of Real PE GYMNASTICS	Real PE Unit 5 Agility: Reaction/Response Static Balance: Floor Work GYMNASTICS	Cricket taught by class teacher instead of Real PE GYMNASTICS
YEAR 4	NC	develop flexibility, strength, technique, control and balance <input type="checkbox"/> take part in outdoor and adventurous activity challenges both individually and within a team <input type="checkbox"/> compare their performances with previous ones and demonstrate improvement to achieve their personal best.	use jumping in isolation and in combination <input type="checkbox"/> develop flexibility, strength, technique, control and balance <input type="checkbox"/> take part in outdoor and adventurous activity challenges both individually and within a team <input type="checkbox"/> compare their performances with previous ones and demonstrate improvement to achieve their personal best.	use throwing and catching <input type="checkbox"/> develop flexibility, strength, technique, control and balance <input type="checkbox"/> take part in outdoor and adventurous activity challenges both individually and within a team <input type="checkbox"/> compare their performances with previous ones and demonstrate improvement to	use throwing and catching in isolation and in combination <input type="checkbox"/> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <input type="checkbox"/> perform dances using a range of movement patterns.	use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <input type="checkbox"/> take part in outdoor and adventurous activity challenges both individually and within a team <input type="checkbox"/> compare their performances with previous ones and	use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> play competitive games, modified where appropriate [for example, hockey] apply basic principles



PE OVERVIEW



				achieve their personal best.		demonstrate improvement to achieve their personal best.	
	LGPS	Real PE Unit 1 Coordination: Floor Movement Patterns Static Balance: One Leg Standing	Real PE Unit 2 Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	Real PE Unit 3 Dynamic Balance: On a Line Coordination: Balls Skills	Dance taught by class teacher instead of Real PE	Real PE Unit 5 Agility: Reaction/Response Static Balance: Floor Work	Hockey taught by class teacher instead of Real PE
YEAR 5	NC	<p>use throwing and catching in isolation and in combination</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, basketball, hockey and tennis], and apply basic principles take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>play competitive games [for example, basketball], and apply basic principles</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>play competitive games [basketball], apply basic principles</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement 	<p>use jumping in isolation and in combination</p> <ul style="list-style-type: none"> play competitive games [basketball] apply basic principles develop flexibility, strength, technique, control and balance take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement. 	<p>use running in isolation and in combination</p> <ul style="list-style-type: none"> play competitive games [basketball] apply basic principles develop flexibility, strength, technique, control and balance take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement 	<p>use running, throwing and catching</p> <ul style="list-style-type: none"> play competitive games [basketball] apply basic principles perform dances using a range of movement patterns
	LGPS	Real PE Unit 1 Coordination: Ball Skills Agility: Reaction/Response TENNIS	Real PE Unit 2 Static Balance: Seated Static Balance: Floor Work TENNIS	Real PE Unit 3 Dynamic Balance: On a Line Counter Balance: With a Partner TENNIS	Real PE Unit 4 Static Balance: One Leg Dynamic Balance to Agility: Jumping and Landing	Real PE Unit 5 Static Balance: Stance Coordination: Footwork TENNIS	Dance taught by class teacher instead of Real PE TENNIS



PE OVERVIEW



					TENNIS		
YEAR 6	NC	<p>use throwing and catching in isolation and in combination</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, football, hockey and tennis], and apply basic principles take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>play competitive games [for example, football], and apply basic principles</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>play competitive games [football], apply basic principles</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement 	<p>use jumping in isolation and in combination</p> <ul style="list-style-type: none"> play competitive games [football] apply basic principles develop flexibility, strength, technique, control and balance take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement. 	<p>use running in isolation and in combination</p> <ul style="list-style-type: none"> play competitive games [football] apply basic principles develop flexibility, strength, technique, control and balance take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement 	<p>use running, throwing and catching</p> <ul style="list-style-type: none"> play competitive games [football] apply basic principles perform dances using a range of movement patterns
	LGPS	<p>Real PE Unit 1 Coordination: Ball Skills Agility: Reaction/Response</p> <p>BASKETBALL</p>	<p>Real PE Unit 2 Static Balance: Seated Static Balance: Floor Work</p> <p>BASKETBALL</p>	<p>Real PE Unit 3 Dynamic Balance: On a Line Counter Balance: With a Partner</p> <p>BASKETBALL</p>	<p>Real PE Unit 4 Static Balance: One Leg Dynamic Balance to Agility: Jumping and Landing</p> <p>BASKETBALL</p>	<p>Real PE Unit 5 Static Balance: Stance Coordination: Footwork</p> <p>BASKETBALL</p>	<p>Dance taught by class teacher instead of Real PE</p> <p>BASKETBALL</p>