## **FOUNDATION STAGE**

Year	Autumn 1 - 1a	Autumn 2 - 1b	Spring 1 - 2a	Spring 2 - 2b	Summer 1 - 3a	Summer 2 - 3b
Grp						
FS	REAL PE - Unit 1	REAL PE – Unit 2	REAL PE – Unit 3	REAL PE – Unit 4	REAL PE – Unit 5	REAL PE – Unit 6
	(Personal)	(Social)	(Cognitive)	(Creative)	(Applying Physical	(Health & Fitness)
	FUNS:	FUNS:	FUNS:	FUNS:	Skills)	FUNS:
	10 – Co-ordination –	6 - Dynamic Balance	5 – Dynamic Balance	9 – Co-ordination –	FUNS:	11 – Agility – Ball
	Floor Movement	to Agility	4 – Static balance –	Balls Skills	8 – Co-ordination with	chasing
	Patterns	7 – Counter Balance in	small base	2 – Static Balance -	Equipment	3 – Static Balance –
	1 – Static Balance –	Pairs		Seated	12 – Agility –	Floor work
	One Leg Standing				Reaction/ Response	
	Link to the curriculum for	or other physical develop	ment			

## **KEY STAGE 1**

Year	Autumn 1 - 1a	Autumn 2 - 1b	Spring 1 - 2a	Spring 2 - 2b	Summer 1 - 3a	Summer 2 - 3b
Grp	(7 weeks 3 days)	(7 weeks)	(6 weeks)	(5 weeks 4 days)	(4 weeks 4 days)	(6 weeks 4 days)
1	REAL PE - Unit 1	REAL PE – Unit 2 (Social)	REAL PE – Unit 3	REAL PE – Unit 4	REAL PE – Unit 5	REAL PE – Unit 6 (Health
	(Personal)	FUNS:	(Cognitive)	(Creative)	(Applying Physical Skills)	& Fitness)
	FUNS:	6 - Dynamic Balance to	FUNS:	FUNS:	FUNS:	FUNS:
	10 – Co-ordination –	Agility	5 – Dynamic Balance	9 – Co-ordination – Balls	8 – Co-ordination with	11 – Agility – Ball
	Floor Movement	2 – Static Balance –	4 – Static balance – small	Skills	Equipment	chasing
	Patterns	Seated	base	7 - – Counter Balance in	12 – Agility –	3 – Static Balance – Floor
	1 – Static Balance – One			Pairs	Reaction/Response	work
	Leg Standing					
	GAMES – Football	Dance – Val Sabin	Team games focusing on	ATHLETICS –	Gymnastics – Val Sabin	Striking and Fielding
	Focus on:		fundamentals e.g.	Sports Day Practice		games focusing on

	Ball control	To be done outside	agility, balance, co-ordination			throwing and catching
2	REAL PE - Unit 1 (Personal) FUNS: 10 – Co-ordination – Floor Movement Patterns 1 – Static Balance – One Leg Standing	REAL PE – Unit 2 (Social) FUNS: 6 - Dynamic Balance to Agility 2 – Static Balance - Seated	REAL PE – Unit 3 (Cognitive) FUNS: 5 – Dynamic Balance 4 – Static balance – small base	REAL PE – Unit 4 (Creative) FUNS: 9 – Co-ordination – Balls Skills 7 – Counter Balance in Pairs	REAL PE – Unit 5 (Applying Physical Skills) FUNS: 8 – Co-ordination with Equipment 12 – Agility – Reaction/Response	REAL PE – Unit 6 (Health & Fitness) FUNS: 11 – Agility – Ball chasing 3 – Static Balance – Floor work
	GAMES – Football Focus on: Ball control	Team games focusing on fundamentals e.g. agility, balance, coordination. Missed the team game element in Year 1	ATHLETICS – Sports Day Practice	Gymnastics – Val Sabin	Dance – Val Sabin	Striking and Fielding games focusing on throwing and catching for improvement as well building up strategic game play.  Missed the throwing and catching focus in Year 1

# **LOWER KEY STAGE 2**

Year	Autumn 1 - 1a	Autumn 2 - 1b	Spring 1 - 2a	Spring 2 - 2b	Summer 1 - 3a	Summer 2 - 3b
Grp	(7 weeks 2 days)	(7 weeks)	(6 weeks)	(5 weeks 4 days)	(4 weeks 4 days)	(6 weeks 4 days)
3	REAL PE - Unit 1	<b>REAL PE</b> – Unit 2 (Social)	REAL PE – Unit 3	REAL PE – Unit 4	REAL PE – Unit 5	<b>REAL PE</b> – Unit 6 (Health
	(Personal)	FUNS:	(Cognitive)	(Creative)	(Applying Physical Skills)	& Fitness)
	FUNS:	2 – Static Balance -	FUNS:	FUNS:	FUNS:	FUNS:
	1 – Static Balance – One	Seated	5 – dynamic balance to	8 – Co-ordination with	12 – Agility –	4 – static balance small
	Leg Standing	6 - Dynamic Balance to	agility	Equipment	Reaction/Response	base
	10 – Co-ordination –	Agility	9 – co-ordination ball	7 – Counter Balance in	3 – Static Balance – Floor	11 – agility reaction
	Floor Movement		skills	Pairs	work	
	Patterns					
	INVASION GAMES	Rugby ( 6 weeks with	OAA (4 wks)	Dance – Val Sabin	Gymnastics – Val Sabin	<u>Athletics</u>

	Netball Focus: Sending & receiving linked to progression skills	WW) Focus: Sending & receiving, tactics, teamwork	Orienteering and team building skills  ATHLETICS Sports Day skills (3 weeks)			Missed in Year 2  OAA (orienteering and team building)
4	REAL PE - Unit 1 (Personal) FUNS: 1 - Static Balance - One Leg Standing 10 - Co-ordination - Floor Movement Patterns	REAL PE – Unit 2 (Social) FUNS: 2 – Static Balance – Seated 6 - Dynamic Balance to Agility	REAL PE – Unit 3 (Cognitive) FUNS: 5 – dynamic balance to agility 9 – co-ordination ball skills	REAL PE – Unit 4 (Creative) FUNS: 8 – Co-ordination with Equipment 7 – Counter Balance in Pairs	REAL PE – Unit 5 (Applying Physical Skills) FUNS: 12 – Agility – Reaction/Response 3 – Static Balance – Floor work	REAL PE – Unit 6 (Health & Fitness) FUNS: 11 – Agility – Ball chasing 4 – Static balance – small base
	Net/Wall & Striking/Fielding games Diamond Cricket Focus: Attack & defence (continue into Summer 2)	Dance – Val Sabin  Must be completed outdoors.	Invasion Games Rugby (6 wks with WW)	Swimming (10 week block)  Year 3 children missed about 3 weeks of their 10 week block.	Gymnastics – Val Sabin	Athletics Missed in Year 3  OAA (orienteering and team building) Missed in Year 3

# **UPPER KEY STAGE 2**

Year	Autumn 1 - 1a	Autumn 2 - 1b	Spring 1 - 2a	Spring 2 - 2b	Summer 1 - 3a	Summer 2 - 3b
Grp	(7 weeks 3 days)	(7 weeks)	(6 weeks)	(5 weeks 4 days)	(4 weeks 4 days)	(6 weeks 4 days)
5	REAL PE - Unit 1	REAL PE – Unit 2 (Social)	REAL PE – Unit 3	REAL PE – Unit 4	REAL PE – Unit 5	REAL PE – Unit 6 (Health
	(Personal)	FUNS:	(Cognitive)	(Creative)	(Applying Physical Skills)	& Fitness)
	FUNS:	2 – Static Balance -	FUNS:	FUNS:	FUNS:	FUNS:
	9 – Co-ordination – Balls	Seated	5 – Dynamic Balance	1 – Static Balance – One	4 – Static balance – small	8 – Co-ordination with
	Skills	3 – Static Balance – Floor	7 – Counter Balance in	Leg Standing	base	Equipment
	12 – Agility –	work	Pairs	6 - Dynamic Balance to	10 – Co-ordination –	11 – Agility – Ball

	Reaction/Response			Agility	Floor Movement Patterns	chasing
	INVASION GAMES Basketball Focus: Tactics & strategy  Swimming – 10 weeks	DANCE – Val Sabin Complete outdoors	Net + Wall games Tennis Focus: Precision and control	ATHLETICS with Sports Day Practise (3 wks)  OAA (3 wks) –	STRIKING/ FIELDING GAMES Rounders (6 wks) Focus: Tactics & strategy	GYMNASTICS – Val Sabin
	Autumn 1 and 2 due to missing in Y4.			orienteering linked to map work can be done as a Geography lesson.		
6	REAL PE - Unit 1 (Personal) FUNS: 9 - Co-ordination - Balls Skills 12 - Agility - Reaction/Response	REAL PE – Unit 2 (Social) FUNS: 2 – Static Balance - Seated 3 – Static Balance – Floor work	REAL PE – Unit 3 (Cognitive) FUNS: 5 – Dynamic Balance 7 – Counter Balance in Pairs	REAL PE – Unit 4 (Creative) FUNS: 1 – Static Balance – One Leg Standing 6 - Dynamic Balance to Agility	REAL PE – Unit 5 (Applying Physical Skills) FUNS: 4 – Static balance – small base 10 – Co-ordination – Floor Movement Patterns	REAL PE – Unit 6 (Health & Fitness) FUNS: 8 – Co-ordination with Equipment 11 – Agility – Ball chasing

INVASION GAMES -	ATHLETICS – Linked to	DANCE – Val Sabin	OAA - orienteering	GYMNASTICS – Val Sabin	NET/WALL & STRIKING/
Handball	Sports Hall Athletics		linked to map work can		FIELDING GAMES
Focus: Developing	competition in January	Complete outdoors	be done as a Geography		Badminton (6 wks)
precision & control			<mark>lesson.</mark>		Focus: Developing
	Missed in Year 5				precision & control
			STRIKING/ FIELDING		
			<b>GAMES</b>		
			Rounders (6 wks)		
			Focus: Tactics & strategy		
			Missed in Year 5.		