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	Link to the curriculum for other physical development						

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					
	Gymnastics	Dance – Link to topic	GAMES – Football	ATHLETICS –	Gymnastics/ Dance	Games
			Focus on:	Sports Day Practice	Link to topic	

			Ball control			
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
	Dance – Link to topic	Gymnastics	GAMES – Football Focus on: Ball control	ATHLETICS – Sports Day Practice	Games	Gymnastics/Dance

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 3 days)	(7 weeks)	(6 weeks)	(5 weeks 4 days)	(4 weeks 4 days)	(6 weeks 4 days)
3	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:
	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	Swimming	GYMNASTICS (3 wks)	ATHLETICS	Gymnastics	NET/WALL & STRIKING/
	Football (3 wks)			Sports Day skills		FIELDING GAMES
	Netball (4 wks)	OAA (3 wks)	DANCE			Rounders (3 wks)
	Focus: Sending &	Team building skills	(Topic related)			Tennis (3 wks)
	receiving					Focus: Sending &
						receiving

	SWIMMING					
4	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:
	1 – Static Balance – One	Seated	5 – dynamic balance to	8 – Co-ordination with	12 – Agility –	11 – Agility – Ball
	Leg Standing	6 - Dynamic Balance to	agility	Equipment	Reaction/Response	chasing
	10 – Co-ordination –	Agility	9 – co-ordination ball	7 – Counter Balance in	3 – Static Balance – Floor	4 – Static balance – small
	Floor Movement		skills	Pairs	work	base
	Patterns					
	INVASION GAMES	OAA (3 wks)	SWIMMING	SWIMMING	DANCE	NET/WALL & STRIKING/
	Rugby (3 wks)	Orienteering			(Topic related)	FIELDING GAMES
	Hockey (4 wks)			ATHLETICS		Badminton (3 wks)
	Focus: Attack & defence	GYMNASTICS (3 wks)		Sports Day	Gymnastics	Cricket (3 wks)
						Focus: Attack & defence

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	chasing
					Patterns	
	INVASION GAMES	GYMNASTICS (3 wks)	DANCE	ATHLETICS		NET/WALL & STRIKING/
	Football (3 wks)		(Topic related)	Sports Day (2 wks)	GYMNASTICS	FIELDING GAMES
	Netball (4 wks)					Rounders (3 wks)
	Focus: Tactics & strategy	OAA (3 wks)		OAA (3 wks)		Tennis (3 wks)
						Focus: Tactics & strategy

6	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	chasing
					Patterns	
	INVASION GAMES	OAA (3 wks)	DANCE	ATHLETICS	GYMNASTICS	NET/WALL & STRIKING/
	Rugby (3 wks)	Orienteering	(Topic related)	Sports Day (2 wks)		FIELDING GAMES
	Hockey (4 wks)					Badminton (3 wks)
	Focus: Developing	GYMNASTICS (3 wks)		OAA(3 wks)		Cricket (3 wks)
	precision & control			Team building skills		Focus: Developing
						precision & control

GYMNASTICS DANCE INVASION, NET/WALL, STRIKING/FIELDING GAMES ATHLETICS OAA SWIMMING