



Curriculum Overview: REAL PE



	N3-4	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Settling in	Social (Real PE) Jumping and landing Seated balance	Social (Real PE) Jumping and landing Seated balance	Social (Real PE) Jumping and landing Seated balance	Social (Real PE) Jumping and landing Seated balance	Social (Real PE) Jumping and landing Seated balance	Social (Real PE) Dynamic balance Counter Balance	Social (Real PE) Dynamic balance Counter Balance
Autumn 2	Spatial awareness, listening skills, parachute games	Personal (Real PE) Footwork One legged balance	Personal (Real PE) Footwork One legged balance	Personal (Real PE) Footwork One legged balance	Personal (Real PE) Floorwork One legged balance	Personal (Real PE) Floorwork One legged balance	Personal (Real PE) Ball Skills Reaction/Response	Personal (Real PE) Ball Skills Reaction/Response
Spring 1	Simple games, parachute games, traffic lights	Creative (Real PE) Ball Skills Counter Balance	Creative (Real PE) Ball Skills Counter Balance	Creative (Real PE) Ball skills Counter Balance	Creative (Real PE) Sending/Receiving Counter Balance	Creative (Real PE) Sending/Receiving Counter Balance	Creative (Real PE) Seated Balance Floorwork	Creative (Real PE) Seated Balance Floorwork
Spring 2	Apparatus, different ways of moving	Physical(Real PE) Sending/Receiving Reaction/Response	Physical(Real PE) Sending/Receiving Reaction/Response	Physical(Real PE) Sending/receiving Reaction/Response	Physical(Real PE) Reaction/Response Floorwork	Physical(Real PE) Reaction/Response Floorwork	Physical(Real PE) Jumping and Landing One Legged Balance	Physical(Real PE) Jumping and Landing One Legged Balance
Summer 1	Circle games, moving in different ways	Cognitive(Real PE) Dynamic Balance Stance	Cognitive(Real PE) Dynamic Balance Stance	Cognitive(Real PE) Dynamic balance Stance	Cognitive(Real PE) Dynamic Balance Ball Skills	Cognitive(Real PE) Dynamic balance Ball Skills	Cognitive(Real PE) Stance Footwork	Cognitive(Real PE) Stance Footwork
Summer 2	Athletics, ball skills	Health and Fitness(Real PE) Ball Chasing Floorwork	Health and Fitness(Real PE) Ball Chasing Floorwork	Health and Fitness(Real PE) Ball Chasing Floorwork	Health and Fitness(Real PE) Ball chasing Stance	Health and Fitness(Real PE) Ball chasing Stance	Health and Fitness(Real PE) Sending and Receiving Ball Chasing	Health and Fitness(Real PE) Sending and Receiving Ball Chasing



Curriculum Overview: Get Set 4 PE



	N3-4	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Settling in	Intro to PE unit 1 Intro to PE unit 2	Ball skills Fundamentals	Ball skills Fundamentals	Netball rugby	Basketball Football	Netball Rugby	Basketball Football
Autumn 2	Spatial awareness, listening skills, parachute games	Gymnastics unit 1 Gymnastics unit 2	Fundamentals Gymnastics	Fundamentals Gymnastics	Rugby Gymnastics	Swimming Gymnastics	Rugby Gymnastics	Football Gymnastics
Spring 1	Simple games, parachute games, traffic lights	Dance unit 1 Dance Unit 2	Dance Invasion	Send and receive Invasion	Dance Dodgeball	Tennis Swimming	Dance Dodgeball	Tennis Hockey
Spring 2	Apparatus, different ways of moving	Fundamentals unit 1 Fundamental unit 2	Invasion Team building	Invasion Dance	Dodgeball OAA	Hockey Dance	Swimming OAA	Hockey Dance
Summer 1	Circle games, moving in different ways	Games unit 1 Games unit 2	Net and Wall Athletics	Target games Athletics	Tennis Swimming	Golf Athletics	Tennis Athletics	Golf Athletics
Summer 2	Athletics, ball skills	Athletics unit 1 Athletics unit 2	Athletics Strike and Field	Athletics Strike and Field	Athletics Cricket	Athletics Rounders	Athletics Cricket	Swimming(top up) Rounders