

# PE Overview

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>Reception &amp; Nursery</b> - <b>RealPE</b>	Unit 1 - Coordination/Static balance: Footwork & One leg	Unit 2 - Dynamic balance to agility/Static balance: Jumping / landing & Seated	<b>J&amp;J Sports</b>	Unit 4 - Coordination / Counter balance: Balls Skills & With a partner	Unit 5 - Coordination / Agility: Sending / Receiving & Reaction / Response	<b>J&amp;J Sports</b>
<b>Learning focus</b>	Personal	Social	Cognitive	Creative	Physical	Health and Fitness
<b>SPORT</b>	No sport – Developing skills	No sport – Developing skills	No sport – Developing skills	No sport – Developing skills	No sport – Developing skills	No sport – Developing skills
<b>Year 1</b> - <b>RealPE</b>	<b>J&amp;J Sports</b>	Unit 2 - Dynamic balance to agility/Static balance: Jumping / landing & Seated	Unit 3 - Dynamic balance/Static balance: On a line & Stance	<b>J&amp;J Sports</b>	Unit 5 - Coordination / Agility: Sending / Receiving & Reaction / Response	Unit 6 - Agility / Static balance: Ball chasing & Floor work
		Social	Cognitive	Creative	Physical	Health and Fitness
<b>SPORT</b>	No sports - basic skills need to be furthered first.	No sports - basic skills need to be furthered first.	No sports - basic skills need to be furthered first.	No sports - basic skills need to be furthered first.	Athletics	Multiskills
<b>Year 2</b> - <b>RealPE</b>	Unit 1 - Coordination/Static balance: Footwork & One leg	<b>J&amp;J Sports</b>	Unit 3 - Dynamic balance/Static balance: On a line & Stance	Unit 4 - Coordination / Counter balance: Balls Skills & With a partner	<b>J&amp;J Sports</b>	Unit 6 - Agility / Static balance: Ball chasing & Floor work
	Personal	Social	Cognitive	Creative	Physical	Health and Fitness
<b>SPORT</b>	Football	Gymnastics	Dance	Tennis	Athletics	Cricket
<b>Year 3</b> - <b>RealPE</b>	<b>J&amp;J Sports</b>	Unit 2 - Dynamic balance to agility/Static balance: Jumping / landing & Seated	Unit 3- Dynamic balance and coordination with ball skills	<b>J&amp;J Sports</b>	Unit 5 - Agility and Static Balance	Unit 6- Agility and ball chasing.
		Social	Cognitive	Creative	Physical	Health and Fitness
<b>SPORT</b>	Gymnastics	Dance	Handball	Tennis	Athletics	Cricket
<b>Year 4</b> - <b>RealPE</b>	Unit 1: Coordination: Ball Skills and Agility: Reaction/Response	<b>J&amp;J Sports</b>	Unit 3: Dynamic Balance and Counterbalance in Pairs	Swimming	Swimming	<b>J&amp;J Sports</b>

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	Personal	Social	Cognitive			Health and Fitness
<b>SPORT</b>	Dance	Netball	Hockey			Athletics
<b>Year 5</b> - RealPE	Unit 1: Coordination: Ball Skills and Agility: Reaction/Response	<b>J&amp;J Sports</b>	Swimming	Unit 4: Leg Standing and Dynamic Balance to Agility	Unit 5: Dynamic balance to agility: Jumping and landing. Static Balance: One Leg.	<b>J&amp;J Sports</b>
	Cognitive	Social		Creative	Physical	Health and Fitness
<b>SPORT</b>	Basketball	Dance		Gymnastics	Athletics	Rounders
<b>Year 6</b> - RealPE	Swimming	Swimming	<b>J&amp;J Sports</b>	Unit 4: Leg Standing and Dynamic Balance to Agility	<b>J&amp;J Sports</b>	Swimming (mixed group) Y5/Y6.
			Cognitive	Creative	Physical	
<b>SPORT</b>			Dodgeball	Orienteering	Athletics	

Note:

- In Summer 1 + 2 – Any children who have not passed their swimming assessment will be offered extra swimming lessons.
- Reception – no sports (this will be time to hit ELG [getting changed] and then progressing into multiskills and basic skills – rolling balls, throwing catching etc).
- Y1 – dependant on Y1 ability depends on the additional sport needed, focus on RealPE for the 2 hours to begin with then add in games etc.
- **Government publishes refreshed 'School Sport and Activity Action Plan'** – The government pledged to refresh the plan earlier in 2023 when they also announced new targets for schools to offer at least two hours of PE and sport per week and to provide equal opportunities to girls and boys.