

PE Overview

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

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