



	Autumn Term				Spring Term				Summer Term			
	Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
Reception	Baseline Coordination, control & spatial awareness Sticky Kids	TOPS cards Spatial awareness 1-4 Basic motor 1-2	Real Dance – Nativity performance	Real Gym Unit 2 - Flight and rotation.	Real PE Unit 1 – Footwork and balance one leg	Real PE Unit 2 - Jumping and landing, seated balance	Real PE Unit 3 – Balance and stance	Real PE Unit 4 - ball skills	Real Gym Unit 1 - Shape and travel	Real PE Unit 4 - balance with a partner	Athletics – track and field events	Real PE Unit 6 - ball chasing and floor work
Year 1	Real Gym Unit 1 - Shape and balance	Real PE Unit 1 – footwork and balance one leg	Real Gym Unit 1 - Travel	Real PE Unit 2 - Jumping and landing, seated balance	Real Gym Unit 2 – Flight	Real PE Unit 3 - Balance on a line and stance	Real Gym Unit 2 – Rotation	Real PE Unit 4 - ball skills and balance with a partner	Real Dance Unit 1	Real PE Unit 5 - sending and receiving, reaction/response	Athletics - Track events	Real PE Unit 6 - ball chasing and floor work
Year 2	Real Gym Unit 1 - balance and travel	Real PE Unit 1 – footwork and balance one leg	Real Dance Unit 1	Real PE Unit 2 - Jumping and landing, seated balance	Dance – cross-curricular link	Real PE Unit 3 – Balance and stance	Netball and/or basketball	Real PE Unit 4 - ball skills and balance with a partner	Real Gym Unit 2 – Flight and rotation	Real PE Unit 5 - sending and receiving, reaction/response	Athletics - Track events	Real PE Unit 6 - ball chasing and floor work
Year 3	Hockey	Real PE Unit 2 - Jumping and landing, seated balance	Hockey	Real Gym Unit 1 – Travel and rotation	Real Dance Unit 1	Football	Football	Real PE Unit 4 – sending & receiving, balance with a partner	Basketball	Real PE Unit 6 - ball chasing & floor work	Rounders	Real PE Y4 Unit 5 – Reaction/response & floor work
Year 4	Swimming	Real PE Unit 1 – footwork and balance one leg	Swimming	Real Gym Units 1 & 2 – Flight & balance	Swimming	Tag rugby	Tag rugby	Real PE Unit 3 – Balance and ball skills	Athletics – Track and field events	Real PE Y5 Unit 2 - balance and floor work	Kwik Cricket	Real PE Y5 Unit 6 – Sending & receiving, ball chasing
Year 5	Hockey	Real PE Unit 1 - Ball skills, reaction response	Tag rugby	Real Gym Units 1 & 2 - Partner work and large apparatus	Netball	Real PE Unit 3 – balance	Swimming	Netball	Swimming	Tennis	Swimming	Athletics and rounders
Year 6	Circuits	Netball	Gym	Netball	Real PE Unit 6 – Stance and footwork with badminton	Football	Dance	Ultimate Frisbee	Athletics	Kwik Cricket	Athletics	Kwik Cricket