Curriculum Overview – Physical Education – 2021 - 2022

	AUTUMN 1						AUTUMN 2					
2021-2022	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Reception	Co-ordination Footwork Static Balance One Leg	Co-ordination Footwork Static Balance One Leg	Co-ordination Footwork Static Balance One Leg	Co-ordination Footwork Static Balance One Leg	Co-ordination Footwork Static Balance One Leg	Co-ordination Footwork Static Balance One Leg	Dynamic Balance to Agility Jumping and Landing	Dynamic Balance to Agility Jumping and Landing	Dynamic Balance to Agility Jumping and Landing	Dynamic Balance to Agility Jumping and Landing	Dynamic Balance to Agility Jumping and Landing	Dynamic Balance to Agility Jumping and Landing
Year 1	Outdoor – multiskills REAL PE Unit 1 – coordination footwork	Outdoor – multiskills REAL PE Unit 1 – coordination footwork	Outdoor – multiskills REAL PE Unit 1 – coordination footwork	Outdoor – multiskills REAL PE Unit 1 – coordination footwork	Outdoor – multiskills REAL PE Unit 1 – coordination footwork	Outdoor – multiskills REAL PE Unit 1 – coordination footwork	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance
Year 2	Outdoor – Multi-skills REAL PE Unit 1 – coordination footwork / static balance 1 leg	Outdoor – Multi-skills REAL PE Unit 1 – coordination footwork / static balance 1 leg	Outdoor – Multi-skills REAL PE Unit 1 – coordination footwork / static balance 1 leg	Outdoor – Multi-skills REAL PE Unit 1 – coordination footwork / static balance 1 leg	Outdoor – Multi-skills REAL PE Unit 1 – coordination footwork / static balance 1 leg	Outdoor – Multi-skills REAL PE Unit 1 – coordination footwork / static balance 1 leg	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance	Outdoor – throwing and catching REAL PE Unit 2 – dynamic balance and seated balance
Year 3	Outdoor – tag rugby REAL PE Unit 1 – coordination and footwork	Outdoor – tag rugby REAL PE Unit 1 – coordination and footwork	Outdoor – tag rugby REAL PE Unit 1 – coordination and footwork	Outdoor – tag rugby REAL PE Unit 1 – coordination and footwork	Outdoor – tag rugby REAL PE Unit 1 – coordination and footwork	Outdoor – tag rugby REAL PE Unit 1 – coordination and footwork	Outdoor – basketball REAL PE Unit 2 – dynamic balance to agility	Outdoor – basketball REAL PE Unit 2 – dynamic balance to agility	Outdoor – basketball REAL PE Unit 2 – dynamic balance to agility	Outdoor – basketball REAL PE Unit 2 – dynamic balance to agility	Outdoor – basketball REAL PE Unit 2 – dynamic balance to agility	Outdoor – basketball REAL PE Unit 2 – dynamic balance to agility
Year 4	Outdoor – cricket REAL PE Unit 1 – coordination and footwork	Outdoor – cricket REAL PE Unit 1 – coordination and footwork	Outdoor – cricket REAL PE Unit 1 – coordination and footwork	Outdoor – cricket REAL PE Unit 1 – coordination and footwork	Outdoor – cricket REAL PE Unit 1 – coordination and footwork	Outdoor – cricket REAL PE Unit 1 – coordination and footwork	Outdoor – football REAL PE Unit 2 – dynamic balance to agility	Outdoor – football REAL PE Unit 2 – dynamic balance to agility	Outdoor – football REAL PE Unit 2 – dynamic balance to agility	Outdoor – football REAL PE Unit 2 – dynamic balance to agility	Outdoor – football REAL PE Unit 2 – dynamic balance to agility	Outdoor – football REAL PE Unit 2 – dynamic balance to agility
Year 5	Outdoor – netball REAL PE Unit 1 – coordination ball skills and agility	Outdoor – netball REAL PE Unit 1 – coordination ball skills and agility	Outdoor – netball REAL PE Unit 1 – coordination ball skills and agility	Outdoor – netball REAL PE Unit 1 – coordination ball skills and agility	Outdoor – netball REAL PE Unit 1 – coordination ball skills and agility	Outdoor – netball REAL PE Unit 1 – coordination ball skills and agility	Outdoor – tag rugby REAL PE Unit 2 – static balance	Outdoor – tag rugby REAL PE Unit 2 – static balance	Outdoor – tag rugby REAL PE Unit 2 – static balance	Outdoor – tag rugby REAL PE Unit 2 – static balance	Outdoor – tag rugby REAL PE Unit 2 – static balance	Outdoor – tag rugby REAL PE Unit 2 – static balance
Year 6	Outdoor - Tri-golf Indoor - REAL PE Unit 1 Ball skills	Outdoor - Tri-golf Indoor - REAL PE Unit 1 Ball skills	Outdoor - Tri-golf Indoor - REAL PE Unit 1 Ball skills	Outdoor - Tri-golf Indoor - REAL PE Unit 1 Ball skills	Outdoor - Tri-golf Indoor - REAL PE Unit 1 Ball skills	Outdoor - Tri-golf Indoor - REAL PE Unit 1 Ball skills	Outdoor – Football Indoor – REAL PE Unit 2 Static balance	Outdoor – Football Indoor – REAL PE Unit 2 Static balance	Outdoor – Football Indoor – REAL PE Unit 2 Static balance	Outdoor – Football Indoor – REAL PE Unit 2 Static balance	Outdoor – Football Indoor – REAL PE Unit 2 Static balance	Outdoor – Football Indoor – REAL PE Unit 2 Static balance

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	SPRING 1						SPRING 2					
2021-2022	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Reception	Dynamic Balance on a line Static Balance	Dynamic Balance on a line Static Balance	Dynamic Balance on a line Static Balance	Dynamic Balance on a line Static Balance	Dynamic Balance on a line Static Balance	Dynamic Balance on a line Static Balance	Co-ordination Ball Skills Counter Balance	Co-ordination Ball Skills Counter Balance	Co-ordination Ball Skills Counter Balance	Co-ordination Ball Skills Counter Balance	Co-ordination Ball Skills Counter Balance	Co-ordination Ball Skills Counter Balance
Year 1	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line and static balance dance	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line and static balance dance	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line and static balance dance	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line and static balance dance	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line and static balance dance	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line and static balance dance	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner
Year 2	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line	Indoor – gymnastics REAL PE Unit 3 – dynamic balance on a line	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner	Indoor – dance REAL PE Unit 4 – coordination ball skills and counterbalance with a partner
Year 3	Indoor – dance REAL PE Unit 3 – dynamic balance and coordination	Indoor – dance REAL PE Unit 3 – dynamic balance and coordination	Indoor – dance REAL PE Unit 3 – dynamic balance and coordination	Indoor – dance REAL PE Unit 3 – dynamic balance and coordination	Indoor – dance REAL PE Unit 3 – dynamic balance and coordination	Indoor – dance REAL PE Unit 3 – dynamic balance and coordination	Indoor – gymnastics REAL PE Unit 4 – sending and receiving	Indoor – gymnastics REAL PE Unit 4 – sending and receiving	Indoor – gymnastics REAL PE Unit 4 – sending and receiving	Indoor – gymnastics REAL PE Unit 4 – sending and receiving	Indoor – gymnastics REAL PE Unit 4 – sending and receiving	Indoor – gymnastics REAL PE Unit 4 – sending and receiving
Year 4	Indoor – gymnastics REAL PE unit 3 – dynamic balance and coordination	Indoor – gymnastics REAL PE unit 3 – dynamic balance and coordination	Indoor – gymnastics REAL PE unit 3 – dynamic balance and coordination	Indoor – gymnastics REAL PE unit 3 – dynamic balance and coordination	Indoor – gymnastics REAL PE unit 3 – dynamic balance and coordination	Indoor – gymnastics REAL PE unit 3 – dynamic balance and coordination	Indoor – dance REAL PE Unit 4 – sending and receiving	Indoor – dance REAL PE Unit 4 – sending and receiving	Indoor – dance REAL PE Unit 4 – sending and receiving	Indoor – dance REAL PE Unit 4 – sending and receiving	Indoor – dance REAL PE Unit 4 – sending and receiving	Indoor – dance REAL PE Unit 4 – sending and receiving
Year 5	Indoor – dance REAL PE Unit 3 – dynamic balance on a line and counterbalance with a partner	Indoor – dance REAL PE Unit 3 – dynamic balance on a line and counterbalance with a partner	Indoor – dance REAL PE Unit 3 – dynamic balance on a line and counterbalance with a partner	Indoor – dance REAL PE Unit 3 – dynamic balance on a line and counterbalance with a partner	Indoor – dance REAL PE Unit 3 – dynamic balance on a line and counterbalance with a partner	Indoor – dance REAL PE Unit 3 – dynamic balance on a line and counterbalance with a partner	Outdoor – hockey REAL PE Unit 4 – dynamic balance and static balance	Outdoor – hockey REAL PE Unit 4 – dynamic balance and static balance	Outdoor – hockey REAL PE Unit 4 – dynamic balance and static balance	Outdoor – hockey REAL PE Unit 4 – dynamic balance and static balance	Outdoor – hockey REAL PE Unit 4 – dynamic balance and static balance	Outdoor – hockey REAL PE Unit 4 – dynamic balance and static balance
Year 6	Indoor – Gymnastics REAL PE Unit 3 – Dynamic balance on a line / counter balance with a partner	Indoor – Gymnastics REAL PE Unit 3 – Dynamic balance on a line / counter balance with a partner	Indoor – Gymnastics REAL PE Unit 3 – Dynamic balance on a line / counter balance with a partner	Indoor – Gymnastics REAL PE Unit 3 – Dynamic balance on a line / counter balance with a partner	Indoor – Gymnastics REAL PE Unit 3 – Dynamic balance on a line / counter balance with a partner	Indoor – Gymnastics REAL PE Unit 3 – Dynamic balance on a line / counter balance with a partner	Indoor – Basketball REAL PE Unit 4 – Dynamic balance and static balance	Indoor – Basketball REAL PE Unit 4 – Dynamic balance and static balance	Indoor – Basketball REAL PE Unit 4 – Dynamic balance and static balance	Indoor – Basketball REAL PE Unit 4 – Dynamic balance and static balance	Indoor – Basketball REAL PE Unit 4 – Dynamic balance and static balance	Indoor – Basketball REAL PE Unit 4 – Dynamic balance and static balance

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	SUMMER 1						SUMMER 2					
2021-2022	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Reception	Co-ordination Sending and Receiving Agility Reaction	Co-ordination Sending and Receiving Agility Reaction	Co-ordination Sending and Receiving Agility Reaction	Co-ordination Sending and Receiving Agility Reaction	Co-ordination Sending and Receiving Agility Reaction	Co-ordination Sending and Receiving Agility Reaction	Agility Ball chasing Static Balance Footwork	Agility Ball chasing Static Balance Footwork	Agility Ball chasing Static Balance Footwork	Agility Ball chasing Static Balance Footwork	Agility Ball chasing Static Balance Footwork	Agility Ball chasing Static Balance Footwork
Year 1	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance footwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance footwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance footwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance footwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance footwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance footwork
Year 2	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – ball skills REAL PE Unit 5 – coordination sending and receiving	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance floorwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance floorwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance floorwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance floorwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance floorwork	Outdoor – athletics REAL PE Unit 6 – agility ball chasing and static balance floorwork
Year 3	Outdoor – rounders REAL PE Unit 5 – reaction/response and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/response and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/response and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/response and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/response and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/response and static balance	Outdoor – athletics REAL PE Unit 6 – agility ball chasing	Outdoor – athletics REAL PE Unit 6 – agility ball chasing	Outdoor – athletics REAL PE Unit 6 – agility ball chasing	Outdoor – athletics REAL PE Unit 6 – agility ball chasing	Outdoor – athletics REAL PE Unit 6 – agility ball chasing	Outdoor – athletics REAL PE Unit 6 – agility ball chasing
Year 4	Swimming REAL PE Unit 5 – reaction/response	Swimming REAL PE Unit 5 – reaction/response	Swimming REAL PE Unit 5 – reaction/response	Swimming REAL PE Unit 5 – reaction/response	Swimming REAL PE Unit 5 – reaction/response	Swimming REAL PE Unit 5 – reaction/response	Swimming REAL PE Unit 6 – agility ball chasing	Swimming REAL PE Unit 6 – agility ball chasing	Swimming REAL PE Unit 6 – agility ball chasing	Swimming REAL PE Unit 6 – agility ball chasing	Swimming REAL PE Unit 6 – agility ball chasing	Swimming REAL PE Unit 6 – agility ball chasing
Year 5	Swimming REAL PE Unit 5 – static balance and coordination footwork	Swimming REAL PE Unit 5 – static balance and coordination footwork	Swimming REAL PE Unit 5 – static balance and coordination footwork	Swimming REAL PE Unit 5 – static balance and coordination footwork	Swimming REAL PE Unit 5 – static balance and coordination footwork	Swimming REAL PE Unit 5 – static balance and coordination footwork	Outdoor - Tennis REAL PE Unit 6 - coordination – sending and receiving	Outdoor - Tennis REAL PE Unit 6 - coordination – sending and receiving	Outdoor - Tennis REAL PE Unit 6 - coordination – sending and receiving	Outdoor - Tennis REAL PE Unit 6 - coordination – sending and receiving	Outdoor - Tennis REAL PE Unit 6 - coordination – sending and receiving	Outdoor - Tennis REAL PE Unit 6 - coordination – sending and receiving
Year 6	Outdoor – Rounders REAL PE Unit 5 – static balance and coordination footwork	Outdoor – Rounders REAL PE Unit 5 – static balance and coordination footwork	Outdoor – Rounders REAL PE Unit 5 – static balance and coordination footwork	Outdoor – Rounders REAL PE Unit 5 – static balance and coordination footwork	Outdoor – Rounders REAL PE Unit 5 – static balance and coordination footwork	Outdoor – Rounders REAL PE Unit 5 – static balance and coordination footwork	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving **Residential visit to include outdoor and adventurous activity**	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving **Residential visit to include outdoor and adventurous activity**	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving **Residential visit to include outdoor and adventurous activity**	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving **Residential visit to include outdoor and adventurous activity**	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving **Residential visit to include outdoor and adventurous activity**	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving **Residential visit to include outdoor and adventurous activity**