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	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 balanc 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 balanc 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 balanc to agility		
Year 4	Outdoor – cricket REAL PE Unit 1 – coordination and footwork	Outdoor – football REAL PE Unit 2 – dynamic balance to agility	Outdoor – football REAL PE Unit – 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	Outdoor – Football	Outdoor – Football											
	Indoor - REAL PE Unit 1 Ball skills	Indoor – REAL PE Unit 2 Static balance	Indoor – REAL PE Unit 2 Static balance											

Curriculum Overview – Physical Education – 2021 - 2022



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



			SUMMER 1						SUMI	MER 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	Agility Ball chasing Static Balance Footwork										
Year 1	Outdoor – ball skills	Outdoor – athletics										
	REAL PE Unit 5 – coordination sending and receiving	REAL PE Unit 6 – agility ball chasing and static balance footwork	REAL PE Unit 6 – agility ball chasing and static balance footwork	REAL PE Unit 6 – agility ball chasing and static balance footwork	REAL PE Unit 6 – agility ball chasing and static balance footwork	REAL PE Unit 6 – agility ball chasing and static balance footwork	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/respon se and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/respon se and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/respon se and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/respon se and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/respon se and static balance	Outdoor – rounders REAL PE Unit 5 – reaction/respon se and static balance	Outdoor – athletics REAL PE Unit 6 – agility ball chasing					
Year 4	Swimming REAL PE Unit 5 – reaction/respo nse	Swimming REAL PE Unit 5 - reaction/respo nse	Swimming REAL PE Unit 5 – reaction/respo nse	Swimming REAL PE Unit 6 – agility ball chasing								
Year 5	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 – Athletics REAL PE Unit 6 – coordination sending and receiving Residential visit to include outdoor and adventurous	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving Residential visit to include outdoor and adventurous	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving Residential visit to include outdoor and adventurous	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving Residential visit to include outdoor and adventurous	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving Residential visit to include outdoor and adventurous	Outdoor – Athletics REAL PE Unit 6 – coordination sending and receiving Residential visit to include outdoor and adventurous					