

P.E. Curriculum

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<i>P.E. is taught following the 'Real P.E.' scheme.</i>						
Reception	<i>Personal</i> Follow Instructions	<i>Social</i> Play with others	<i>Cognitive</i> Follow Rules	<i>Creative</i> Observe and Copy	<i>Physical</i> Move in different ways	<i>Health and Fitness</i> Exercise and Good Health
	<i>Real Gym</i> Shape, Travel, At Home, Jungle Trip		<i>Real Gym</i> Flight, Rotation, Park Life, Toy Box		<i>Real Dance</i> Artistry, Partnering, Circles, Shapes	
Year 1	<i>Personal</i> Bike – coordination (footwork) Pirate – static balance (one leg)	<i>Social</i> Space – dynamic balance to agility (jumping and landing) Jungle – static balance (seated)	<i>Cognitive</i> Train - dynamic balance (on a line) Tightrope – static balance (stance)	<i>Creative</i> Clown – coordination (ball skills) Seaside – counterbalance (with a partner)	<i>Physical</i> Juggling – coordination (sending and receiving) Fairy tale – agility (reaction/ response)	<i>Health and Fitness</i> Squirrel - agility (ball chasing) Cat – static balance (floor work)
	<i>Real Gym</i> Shape (At Home) Travel (Jungle Trip)		<i>Real Gym</i> Flight (Park Life) Rotation (Toy Box)		<i>Real Dance</i> Shapes solo, artistry musicality, partnering shapes, circles solo, artistry abstraction, artistry (making)	
Year 2	<i>Personal</i> Coordination (footwork) Static balance (one leg)	<i>Social</i> Dynamic balance to agility (jumping and landing) Static balance (seated)	<i>Cognitive</i> Dynamic balance (on a line) Static balance (stance)	<i>Creative</i> Coordination (ball skills) Counterbalance (with a partner)	<i>Physical</i> Coordination (sending and receiving) Agility (reaction/ response)	<i>Health and Fitness</i> Agility (ball chasing) Static balance (floor work)
	<i>Real Gym</i> Balance (Toy Box) Travel (Jungle Trip)		<i>Real Gym</i> Flight (Park Life) Rotation (The Big City)		<i>Real Dance</i> Shapes solo, circles solo, partnering shapes, partnering circles, artistry abstraction, artistry (making)	
Year 3	<i>Personal</i> Coordination (footwork) Static balance (one leg)	<i>Social</i> Dynamic balance to agility (jumping and landing) Static balance (seated)	<i>Cognitive</i> Dynamic balance (on a line) Static balance (stance)	<i>Creative</i> Coordination (ball skills) Counterbalance (with a partner)	<i>Physical</i> Coordination (sending and receiving) Agility (reaction/ response)	<i>Health and Fitness</i> Agility (ball chasing) Static balance (floor work)
	<i>Real Gym</i> Travel (mapping pathways – hand apparatus) Rotation (rotation sequences – partner work)		<i>Real Gym</i> Flight (flight sequences – low apparatus) Balance (climbing sequences – low/large apparatus)		<i>Real Dance</i> Shapes solo, circles solo, partnering shapes, partnering circles, artistry abstraction, artistry (making)	

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Year 4	<i>Personal</i> Coordination (footwork) Static balance (one leg) Swimming	<i>Social</i> Dynamic balance (jumping and landing) Static balance (seated) Swimming	<i>Cognitive</i> Dynamic balance (on a line) Coordination (ball skills) Swimming	<i>Creative</i> Coordination (sending and receiving) Counterbalance (with a partner) Swimming	<i>Physical</i> Agility (reaction/ response) Static balance (floor work)	<i>Health and Fitness</i> Agility (ball chasing) Static balance (stance)
	<i>Real Gym</i> Balance (acrobatic sequences) Rotation (rotation sequences – partner work)		<i>Real Gym</i> Flight (flight sequences – with ropes) Travel (group sequences – low/large apparatus)		<i>Real Dance</i> Shapes solo, circles solo, partnering shapes, partnering (lifts), partnering circles, artistry (making)	
Year 5	<i>Personal</i> Coordination (ball skills) Agility (reaction/ response)	<i>Social</i> Dynamic balance (on a line) Counterbalance (with a partner)	<i>Cognitive</i> Static balance (stance) Coordination (footwork)	<i>Creative</i> Static balance (seated) Static balance (floor work)	<i>Physical</i> Dynamic balance to agility (jumping and landing) Static balance (one leg)	<i>Health and Fitness</i> Coordination (sending and receiving) Agility (ball chasing)
	<i>Real Gym</i> Hand apparatus (rhythmic sequences) Low apparatus (bench sequences)		<i>Real Gym</i> Partner work (acrobatic sequences) Large apparatus (climbing sequences)		<i>Real Dance</i> Shapes solo, circles solo, artistry abstraction, artistry musicality, partnering (lifts), artistry (making)	
Year 6	<i>Health and Fitness</i> Coordination (sending and receiving) Agility (ball chasing)	<i>Social</i> Dynamic balance (on a line) Counterbalance (with a partner)	<i>Cognitive</i> Static balance (stance) Coordination (footwork)	<i>Creative</i> Static balance (seated) Static balance (floor work)	<i>Physical</i> Dynamic balance to agility (jumping and landing) Static balance (one leg)	<i>Personal</i> Coordination (ball skills) Agility (reaction/ response)
	<i>Real Gym</i> Hand apparatus (rhythmic sequences) Low apparatus (bench sequences)		<i>Real Gym</i> Partner work (acrobatic sequences) Large apparatus (climbing sequences)		<i>Real Dance</i> Shapes solo, circles solo, artistry abstraction, artistry musicality, partnering (lifts), artistry (making)	