

PE Curriculum Overview Cycle A	Class 1 (EYFS)	Class 2 (Year 1 and 2)	Class 3 (Year 3 and 4)	Class 4 (Year 5 and 6)
Term 1	Real PE	<u>Movement -Gymnastics</u> Real PE Unit 1 Static seated and standing balances Footwork Games – Tag rugby/hockey games Running fitness Passing forwards Receiving Passing backwards Weaving	<u>Movement -Gymnastics</u> Real PE Unit 1 Static seated and standing balances -Pike, Tuck, straddle, stetch and star Footwork Games – Tag rugby/hockey games Running fitness Passing forwards Receiving Passing backwards Weaving	<u>Swimming</u> Games – Tag rugby/hockey Dodge ball Real PE Unit 5 Running fitness Passing forwards Receiving Passing backwards Weaving Matches
Term 2	Real PE	<u>Movement Gymnastics</u> Real PE Unit 2 Jumping and landing Footwork Sequences to include balances from Unit 1 Games – Football Running fitness Passing forwards Dribbling Passing to side Weaving	<u>Movement Gymnastics</u> Real PE Unit 2 Jumping and landing Footwork Sequences to include balances from Unit 1- Pike, Tuck, straddle, stetch and star Games – Football Running fitness Passing forwards Dribbling Passing to side Weaving	<u>Swimming</u> Games – Football Running fitness Passing forwards Dribbling Passing to side Weaving Matches
Term 3	Real PE	<u>Movement Athletics</u> Real PE Unit 3 Travelling with bean bags Jumping and landing Race walking Obstacle racing Games - Netball Running fitness Rolling the ball Sending and receiving Reaction and response Different passes	<u>Swimming</u> Games – Netball Real PE Unit 3 Running fitness Rolling the ball Sending and receiving Reaction and response Different passes	<u>Movement -Gymnastics</u> Real PE Unit 2 Static seated and standing balances -Pike, Tuck, straddle, stetch and star Footwork Games – Netball Running fitness Sending and receiving Reaction and response Different passes Matches

Term 4	Real PE	<u>Movement Athletics</u> Real PE Unit 3 Travelling with bean bags Jumping and landing Race walking Obstacle racing <u>Games - Netball</u> <u>Running fitness</u> Rolling the ball Sending and receiving Reaction and response Different passes	<u>Swimming</u> <u>Games - Athletics</u> Running fitness Real PE Unit 3 Travelling with bean bags Jumping and landing Race walking Obstacle racing	<u>Movement Gymnastics</u> Real PE Unit 3 and 4 Jumping and landing Footwork Sequences with a partner to include balances from Unit 1- Pike, Tuck, straddle, stetch and star <u>Games - Athletics</u> Running fitness Vortex/sprint/middle/standing long jump
Term 5	Real PE	<u>Swimming</u> <u>Games – Racket sports</u> Real PE Unit 4 and 5 Rolling the ball Sending and receiving Reaction and response	<u>Games - Athletics</u> Running fitness Real PE Unit 3 Travelling with bean bags Jumping and landing Race walking Obstacle racing <u>Games – Racket sports</u> Real PE Unit 4 and 5 Rolling the ball Sending and receiving Reaction and response	<u>Games - Athletics</u> Running fitness Vortex/sprint/middle/standing long jump <u>Games – Racket sports</u> Real PE Unit 1 Sending and receiving Reaction and response Coordination ball skills
Term 6	Real PE	<u>Swimming</u> <u>Games –Cricket/Rounders</u> Real PE Unit 6 Agility Ball chasing hitting	<u>Movement -Dance</u> <u>Games –Cricket/Rounders</u> Real PE Unit 6 Agility Ball chasing hitting	<u>Movement -Dance</u> <u>Games –Cricket/Rounders</u> Real PE Unit 6 Agility Ball chasing hitting Sending and receiving Reaction and response