

PE Long Term Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
	Unit 1 – Coordination		Unit 3 – Dynamic	Unit 4 – Coordination –	Unit 5 – Coordination	
3	floor movement	Unit 2 – Dynamic	balance/Static balance:	ball skills/Counter balance	with equipment/Agility:	Unit 6 - Ball chasing/
lessons	patterns/static balance:	Balance to agility/Static	small base.	in pairs.	reaction/response.	Static balance : Floor
a week	leg standing	balance: seated.	Cognitive	<u>Creative</u>	Physical	work
	Personal	Social				Health and Fitness
	iMoves – Right Dance (Core Strength) Nursery Rhymes Apparatus – jumping and landing safely	Gym – Unit 1 Personal Apparatus – jumping and landing safely	iMoves – Animals (farm, wild, arctic)/ Handa's hen (Own planning) Apparatus – balancing/Levels high and low	Apparatus – balancing/Levels high and low Gym – Unit 2 Social	iMoves – Minibeast/ Construction, transport Athletics	Apparatus – linking floor to apparatus Athletics
YEAR 1	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
	Unit 1 – Coordination	Unit 2 – Dynamic	Unit 3 – Static balance:	Unit 4 – Counter balance	Unit 5 – Coordination	
2	floor movement	Balance to agility/Static	small base/Dynamic	in pairs/Coordination ball	with equipment/Agility	Unit 6 – Static balance:
lessons	patterns/static balance:	balance: seated	Balance	skills	reaction/response	floor work/Agility: Ball
a week	leg standing	Co sind		Connection		chasing
	Personal	<u>Social</u>	<u>Cognitive</u>	<u>Creative</u>	Physical	Health and Fitness
	iMoves –Healthy Me	Gym – Unit 1 Cognitive	iMoves –Toys	Gym – Unit 2 <u>Creative</u>	Athletics	Athletics
YEAR 2	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
	Unit 1 – Coordination	Unit 2 – Dynamic	Unit 3 – Static balance:	Unit 4 - Counter balance	Unit 5 – Coordination	Unit 6 – Static balance:
2	floor movement	Balance to agility/Static	small base/Dynamic	in pairs/Coordination ball	with equipment/Agility	floor work/Agility: Ball
lessons	patterns/static balance:	balance: seated	Balance	skills	reaction/response.	chasing
a week	leg standing	<mark>Social</mark>		<u>Creative</u>		
	<u>Personal</u>		<u>Cognitive</u>		<u>Physical</u>	Health and Fitness
	iMoves – Countries	Gym – Unit 1 Physical	iMoves - Minibeast	Gym – Unit 2 Health and	Athletics	Athletics
				Fitness		



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YEAR 3	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
	Unit 1 – Coordination	Unit 2 – Dynamic	Unit 3 – Dynamic	Unit 4 – Coordination	Unit 5 – Agility: reaction-	Unit 6 – Static Balance:
2	floor movement/Static	Balance to agility/Static	Balance/Coordination:	with equipment/Counter	response/ Static Balance:	Floorwork/Agility: Ball
lessons	balance: leg standing	balance: seated	ball skills	balance in pairs	Floorwork	Chasing
a week	Personal	Social	Cognitive	<u>Creative</u>		Houlth and Fitness
					Physical	Health and Fitness
	iMoves –Stone Henge	Gym – Unit 1 Personal	Swimming	Swimming	Gym – Unit 2 <mark>Social</mark>	Athletics
			iMoves – Egyptian Dance			
VEAD 4	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
YEAR 4						
2	Unit 1 – Coordination	Unit 2 – Dynamic	Unit 3 – Dynamic	Unit 4 – Coordination	Unit 5 – Agility: reaction-	Unit 6 – Static Balance:
lessons	floor movement/Static	Balance to agility/Static	Balance/Coordination:	with equipment/Counter	response/ Static Balance:	Floorwork/Agility: Ball
a week	balance: leg standing	balance: seated	ball skills	balance in pairs	Floorwork	Chasing
			<u>Cognitive</u>			Health and Fitness
	Personal	<mark>Social</mark>		Creative	Physical	
	iMoves – Romans	Gym – Unit 1 Cognitive	iMoves – Natural	Gym – Unit 2 Creative	Athletics	Athletics
			Disasters (Team Activ		iMoves – Greeks (link	
			Planning)		with class production)	
YEAR 5	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
2	Unit 1 – Coordination:	Unit 2 – Static balance:	Unit 3 – Dynamic	Unit 4 – Static Balance:	Unit 5 – Static balance:	Unit 6 – Coordination
lessons	Ball skills/ Agility:	seated/ Static balance:	balance/ Counter balance	Leg standing/Dynamic	Small base/	with equipment/Agility:
a week	reaction/response	Floor work	in pairs	balance to agility	Coordination: floor	ball chasing
	Personal	Social	<u>Cognitive</u>	Creative	movement	Health and Fitness
					Physical	
	iMoves – Aztec	Gym – Unit 1 Physical	iMoves – Tudors/Street	Gym – Unit 2 Health and	Athletics	Athletics
			dance	<mark>Fitness</mark>	iMoves – Solar system	
					(link with topic lesson)	



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YEAR 6	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE
2	Unit 1 – Coordination:	Unit 2 – Static balance:	Unit 3 – Dynamic	Unit 4 – Static Balance:	Unit 5 – Static balance:	Unit 6 – Coordination
lessons	Ball skills/ Agility:	seated/ Static balance:	balance/ Counter balance	Leg standing/Dynamic	Small base/	with equipment/Agility:
a week	reaction/response	Floorwork	in pairs	balance to agility	Coordination: floor	ball chasing
	<u>Personal</u>	<u>Social</u>	<u>Cognitive</u>	<u>Creative</u>	movement	Health and Fitness
					<u>Physical</u>	
	iMoves – WW2	Gym – Unit 1 Personal	iMoves – The Vikings	Gym – Unit 2 <mark>Social</mark>	Athletics	Athletics