



PE Long Term Curriculum Overview

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



PE Long Term Curriculum Overview

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



PE Long Term Curriculum Overview

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