

## PE WHOLE SCHOOL OVERVIEW Y1-6

	Autumn	Spring	Summer
Year 1	<p><b>Real PE Unit 1</b> –Coordination: Floor movement patterns. Static balances: one leg standing</p> <p><b>Real PE Unit 2</b> – Dynamic balance to agility. Seated balance: seated</p> <p><b>ROH Create &amp; Dance ‘Building Blocks Dance’ Unit</b> - Perform dances using simple movement patterns.</p>	<p><b>Real PE Unit 3</b> – Dynamic balance. Static balance – small base.</p> <p><b>Real PE Unit 4</b> – Coordination – ball skills. Counter balance in pairs.</p> <p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p>	<p><b>Real PE Unit 5</b> – Coordination with equipment. Agility – reaction and response</p> <p><b>Real PE Unit 6</b> – Agility – ball chasing. Static balance – floor work</p> <p><b>Sports day preparation &amp; games</b> - Participate in team games, developing simple tactics for attacking and defending.</p>
Year 2	<p><b>Real PE Unit 1</b> –Coordination: Floor movement patterns. Static balances: one leg standing</p> <p><b>Real PE Unit 2</b> – Dynamic balance to agility. Seated balance: seated</p> <p><b>ROH Create &amp; Dance ‘Building Blocks Music &amp; Dance’ Unit</b> - Perform dances using simple movement patterns.</p>	<p><b>Real PE Unit 3</b> – Dynamic balance. Static balance – small base.</p> <p><b>Real PE Unit 4</b> – Coordination – ball skills. Counter balance in pairs.</p> <p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p>	<p><b>Real PE Unit 5</b> – Coordination with equipment. Agility – reaction and response</p> <p><b>Real PE Unit 6</b> – Agility – ball chasing. Static balance – floor work</p> <p><b>Sports day preparation &amp; games</b> - Participate in team games, developing simple tactics for attacking and defending.</p>
Year3/4 – A	<p><b>OAA</b> - Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p><b>Tennis &amp; Football</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>ROH Create &amp; Dance ‘Alice’s adventures in wonderland’ Unit</b> - Perform dances using simple movement patterns.</p>	<p><b>Basketball &amp; Hockey</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>Swimming</b> - Swim competently, confidently and proficiently over a distance of at least 25 metres and to use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> <p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p>	<p><b>Athletics</b> - Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Rounders</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>
Year 3/4 – B	<p><b>OAA</b> - Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p><b>Netball &amp; Dodgeball</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p><b>Athletics</b> - Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>

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	<p><b>Tennis &amp; Tag Rugby</b>- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p><b>ROH Create &amp; Dance 'Everybody dance' Unit</b> - Perform dances using simple movement patterns.</p>	<p><b>Cricket</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>
Year 5/6 – A	<p><b>OAA</b> - Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p><b>Tennis &amp; Football</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>ROH Create &amp; Dance 'Romeo &amp; Juliet' Unit</b> - Perform dances using simple movement patterns.</p>	<p><b>Basketball &amp; Cricket</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p>	<p><b>Athletics</b> - Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Rounders</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>
Year 5/6 - B	<p><b>OAA</b> - Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p><b>Tennis &amp; Tag Rugby</b>- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>ROH Create &amp; Dance 'The Nutcracker' Unit</b> - Perform dances using simple movement patterns.</p>	<p><b>Netball &amp; Hockey</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>Gymnastics</b> - Develop flexibility, strength, technique, control and balance.</p>	<p><b>Athletics</b> - Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Volley sport</b> - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>