PE Overview

EYFS to teach 1 hour of PE per week using Real PE Scheme. Year 1 – 6 to teach 2 hours of PE per week. Teachers are to use the Real PE scheme to teach PE for 1 session, 2nd session is linked to key PE focus area.



	Autumn terr	n			Spring term				Summer term				
EYFS - FS1	Health and self-care		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		Moving and Handling Health and self-care Dance		
EYFS -	Personal Fundamental moment skill focus: Coordination Footwork Static Balance One Leg		Cog Focus: Social Fundamental moment skill focus: Dynamic Balance to Agility Jumping and Landing Static Balance Seated		Cog Focus: Cognitive Fundamental moment skill focus: Dynamic Balance On a Line Static Balance Stance		Cog Focus: Creative Fundamental moment skill focus: Coordination Ball Skills Counter Balance With a Partner		Cog Focus: Physical Fundamental moment skill focus: Coordination Sending and Receiving Agility Reaction / Response		Cog Focus: Health and Fitness Fundamental moment skill focus: Agility Ball Chasing Static Balance Floor Work		
	Real PE	PE Focus Area	Real PE	PE Focus Area	Real PE	PE Focus Area	Real PE	PE Focus Area	Real PE	PE Focus Area	Real PE	PE Focus Area	
Year 1	Cog Focus: Personal Fundamen tal	Invasion Games	Cog Focus: Social Fundamen tal	Real Gymnastics	Cog Focus: Cognitive Fundamen tal	Dance	Cog Focus: Creative Fundamen tal	Net Games	Cog Focus: Physical Fundamen tal	Throwing and Catching	Cog Focus: Health and Fitness Fundamen	Striking and Fielding Games	
	moment skill focus: Coordinatio n Footwork Static Balance One Leg		moment skill focus: Dynamic Balance to Agility Jumping and Landing Static Balance Seated		moment skill focus: Dynamic Balance On a Line Static Balance Stance		moment skill focus: Coordinatio n Ball Skills Counter Balance With a Partner		moment skill focus: Coordinatio n Sending and Receiving Agility Reaction / Response		tal moment skill focus: Agility Ball Chasing Static Balance Floor Work		
Year 2	Cog Focus: Personal Fundamen tal moment skill focus: Invasion Games (Skills, movement, rules)	Invasion Games	Cog Focus: Social Fundamen tal moment skill focus: Dynamic Balance to Agility Jumping and Landing Static Balance Seated	Real Gymnastics	Cog Focus: Cognitive Fundamen tal moment skill focus: Dynamic Balance On a Line Static Balance Static Balance Stance	Dance	Cog Focus: Creative Fundamen tal moment skill focus: Coordinatio n Ball Skills Counter Balance With a Partner	Net Games	Cog Focus: Physical Fundamen tal moment skill focus: Coordinatio n Sending and Receiving Agility Reaction / Response	Throwing and Catching	Cog Focus: Health and Fitness Fundamen tal moment skill focus: Agility Ball Chasing Static Balance Floor Work	Striking and Fielding Games	

Year 3	Cog Focus: Personal Fundamen tal moment skill focus: Coordinatio n Footwork Static balance one leg	Circuit Training	Cog Focus: Social Fundamen tal moment skill focus: Jumping and landing, seated balance	Handball	Cog Focus: Cognitive Fundamen tal moment skill focus: Dynamic balance on a line, ball skills	Dance	Cog Focus: Creative Fundamen tal moment skill focus: Sending and receiving, counter balance with a partner	Gymnastics	Funda mental mome nt skill focus: Reactio n/respo nse, balance (floor work)	Outdoor Adventurou s Activities	Cog Focus: Health and Fitness Funda mental mome nt skill focus: Ball chasing , balance (stance s)	Cricket and Rounders
Year 4	Cog Focus: Personal Fundamen tal moment skill focus: Coordinatio n Footwork Static balance one leg	Basketball	Cog Focus: Social Fundamen tal moment skill focus: Dynamic Balance to Agility, Jumping and Landing, Static Balance, Seated	Handball	Cog Focus: Cognitive Fundamen tal moment skill focus: Dynamic Balance, On a Line, Coordinatio n, Ball Skills	Dance	Cog Focus: Creative Fundamen tal moment skill focus: Coordinatio n, Sending and Receiving, Counter Balance With a Partner	Gymnastics	Cog Focus: Physical Fundamen tal moment skill focus: Agility, Reaction / Response, Static Balance Floor Work	Outdoor Adventurou s Activities	Cog Focus: Health and fitness Fundamen tal moment skill focus: Agility, Ball Chasing, Static Balance Stance	Athletics
Year 5	Cog Focus: Cognitive Fundamen tal moment skill focus: Coordinatio n (Ball Skills), Agility (reaction / Response)	Circuit Training	Cog Focus: Creative Fundamen tal moment skill focus: Static Balance (Seated), Static Balance (Floor Work)	Handball	Cog Focus: Social Fundamen tal moment skill focus: Dynamic Balance (On a line), Counter Balance (with a partner)	Dance	Fundamen tal moment skill focus: Dynamic Balance to Agility (Jumping and Landing), Static Balance (One leg)	Gymnastics	Cog Focus: Health & Fitness Fundamen tal moment skill focus: Static Balance (Stance), Coordinatio n (footwork)	Outdoor Adventurou s Activities	Cog Focus: Personal Fundamen tal moment skill focus: Coordinatio n (Sending and Receiving), Agility (Ball chasing)	Cricket and Rounders

Year	Cog Focus:	Basketball	Cog Focus:	Handball	Cog Focus:	Dance	Cog Focus:	Gymnastics	Cog Focus:	Outdoor	Cog Focus:	Athletics
6	Cognitive		Creative		Social		Physical		Health and	Adventurou	Personal	
									Fitness	s Activities		
	Fundamen		Fundamen		Fundamen		Fundamen				Fundamen	
	tal		tal		tal		tal		Fundamen		tal	
	moment		moment		moment		moment		tal		moment	
	skill		skill		skill		skill		moment		skill	
	focus:		focus:		focus:		focus:		skill		focus:	
	Coordinatio		Static		Dynamic		Dynamic		focus:		Coordinatio	
	n- ball		balance -		Balance -		balance to		Static		n – sending	
	skills		seated		on a line		agility -		balance -		and	
	Agility -		Static		Counter		jumping		stance		receiving	
	reaction and		balance -		Balance -		and landing		Coordinatio			
	response		floor work		with a		Static		n -			
					partner		balance -		footwork			
					'		one leg					