

## 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, 2<sup>nd</sup> session is linked to key PE focus area.

	Autumn term				Spring term				Summer term			
EYFS – FS1	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		Moving and Handling Health and self-care Dance	
EYFS – FS2	<b>Cog Focus:</b> Personal  <b>Fundamental moment skill focus:</b> Coordination Footwork Static Balance One Leg		<b>Cog Focus:</b> Social  <b>Fundamental moment skill focus:</b> Dynamic Balance to Agility Jumping and Landing Static Balance Seated		<b>Cog Focus:</b> Cognitive  <b>Fundamental moment skill focus:</b> Dynamic Balance On a Line Static Balance Stance		<b>Cog Focus:</b> Creative  <b>Fundamental moment skill focus:</b> Coordination Ball Skills Counter Balance With a Partner		<b>Cog Focus:</b> Physical  <b>Fundamental moment skill focus:</b> Coordination Sending and Receiving Agility Reaction / Response		<b>Cog Focus:</b> Health and Fitness  <b>Fundamental moment skill focus:</b> 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	<b>Cog Focus:</b> Personal  <b>Fundamental moment skill focus:</b> Coordination Footwork Static Balance One Leg	Invasion Games	<b>Cog Focus:</b> Social  <b>Fundamental moment skill focus:</b> Dynamic Balance to Agility Jumping and Landing Static Balance Seated	Real Gymnastics	<b>Cog Focus:</b> Cognitive  <b>Fundamental moment skill focus:</b> Dynamic Balance On a Line Static Balance Stance	Dance	<b>Cog Focus:</b> Creative  <b>Fundamental moment skill focus:</b> Coordination Ball Skills Counter Balance With a Partner	Net Games	<b>Cog Focus:</b> Physical  <b>Fundamental moment skill focus:</b> Coordination Sending and Receiving Agility Reaction / Response	Throwing and Catching	<b>Cog Focus:</b> Health and Fitness  <b>Fundamental moment skill focus:</b> Agility Ball Chasing Static Balance Floor Work	Striking and Fielding Games
Year 2	<b>Cog Focus:</b> Personal  <b>Fundamental moment skill focus:</b> Invasion Games (Skills, movement, rules)	Invasion Games	<b>Cog Focus:</b> Social  <b>Fundamental moment skill focus:</b> Dynamic Balance to Agility Jumping and Landing Static Balance Seated	Real Gymnastics	<b>Cog Focus:</b> Cognitive  <b>Fundamental moment skill focus:</b> Dynamic Balance On a Line Static Balance Stance	Dance	<b>Cog Focus:</b> Creative  <b>Fundamental moment skill focus:</b> Coordination Ball Skills Counter Balance With a Partner	Net Games	<b>Cog Focus:</b> Physical  <b>Fundamental moment skill focus:</b> Coordination Sending and Receiving Agility Reaction / Response	Throwing and Catching	<b>Cog Focus:</b> Health and Fitness  <b>Fundamental moment skill focus:</b> Agility Ball Chasing Static Balance Floor Work	Striking and Fielding Games

<b>Year 3</b>	<b>Cog Focus:</b> Personal  <b>Fundamental moment skill focus:</b> Coordination Footwork Static balance one leg	Circuit Training	<b>Cog Focus:</b> Social  <b>Fundamental moment skill focus:</b> Jumping and landing, seated balance	Handball	<b>Cog Focus:</b> Cognitive  <b>Fundamental moment skill focus:</b> Dynamic balance on a line, ball skills	Dance	<b>Cog Focus:</b> Creative  <b>Fundamental moment skill focus:</b> Sending and receiving, counter balance with a partner	Gymnastics	<b>Cog Focus:</b> Physical  <b>Fundamental moment skill focus:</b> Reaction/response, balance (floor work)	Outdoor Adventurous Activities	<b>Cog Focus:</b> Health and Fitness  <b>Fundamental moment skill focus:</b> Ball chasing, balance (stances)	Cricket and Rounders
<b>Year 4</b>	<b>Cog Focus:</b> Personal  <b>Fundamental moment skill focus:</b> Coordination Footwork Static balance one leg	Basketball	<b>Cog Focus:</b> Social  <b>Fundamental moment skill focus:</b> Dynamic Balance to Agility, Jumping and Landing, Static Balance, Seated	Handball	<b>Cog Focus:</b> Cognitive  <b>Fundamental moment skill focus:</b> Dynamic Balance, On a Line, Coordination, Ball Skills	Dance	<b>Cog Focus:</b> Creative  <b>Fundamental moment skill focus:</b> Coordination, Sending and Receiving, Counter Balance With a Partner	Gymnastics	<b>Cog Focus:</b> Physical  <b>Fundamental moment skill focus:</b> Agility, Reaction / Response, Static Balance Floor Work	Outdoor Adventurous Activities	<b>Cog Focus:</b> Health and fitness  <b>Fundamental moment skill focus:</b> Agility, Ball Chasing, Static Balance Stance	Athletics
<b>Year 5</b>	<b>Cog Focus:</b> Cognitive  <b>Fundamental moment skill focus:</b> Coordination (Ball Skills), Agility (reaction / Response)	Circuit Training	<b>Cog Focus:</b> Creative  <b>Fundamental moment skill focus:</b> Static Balance (Seated), Static Balance (Floor Work)	Handball	<b>Cog Focus:</b> Social  <b>Fundamental moment skill focus:</b> Dynamic Balance (On a line), Counter Balance (with a partner)	Dance	<b>Cog Focus:</b> Physical  <b>Fundamental moment skill focus:</b> Dynamic Balance to Agility (Jumping and Landing), Static Balance (One leg)	Gymnastics	<b>Cog Focus:</b> Health & Fitness  <b>Fundamental moment skill focus:</b> Static Balance (Stance), Coordination (footwork)	Outdoor Adventurous Activities	<b>Cog Focus:</b> Personal  <b>Fundamental moment skill focus:</b> Coordination (Sending and Receiving), Agility (Ball chasing)	Cricket and Rounders

<b>Year 6</b>	<b>Cog Focus:</b> Cognitive  <b>Fundamental moment skill focus:</b> Coordination- ball skills Agility – reaction and response	Basketball	<b>Cog Focus:</b> Creative  <b>Fundamental moment skill focus:</b> Static balance – seated Static balance – floor work	Handball	<b>Cog Focus:</b> Social  <b>Fundamental moment skill focus:</b> Dynamic Balance – on a line Counter Balance – with a partner	Dance	<b>Cog Focus:</b> Physical  <b>Fundamental moment skill focus:</b> Dynamic balance to agility – jumping and landing Static balance – one leg	Gymnastics	<b>Cog Focus:</b> Health and Fitness  <b>Fundamental moment skill focus:</b> Static balance – stance Coordination - footwork	Outdoor Adventurous Activities	<b>Cog Focus:</b> Personal  <b>Fundamental moment skill focus:</b> Coordination – sending and receiving	Athletics
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