

Grayswood CE Primary School



PE

Curriculum Overview



Overview of PE Curriculum

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Forest School</p> <p>Real Gym Unit 1- Personal Shape and Travel</p>	<p>Forest School</p> <p>Core Real PE Unit 1- Personal Coordination: Footwork Static Balance: One Leg</p>	<p>Real Dance -Unit 1 Social Circles and shapes</p> <p>Core Real PE Unit 2 Social Jumping and Landing Static Balance: Seated</p>	<p>Real Gym Unit 2- Creative Shape and Travel</p> <p>Core Real PE Unit 4 Creative Coordination: Ball skills Counter Balance: With a partner</p>	<p>Core Real PE Unit 5 Physical Coordination: Sending and Receiving Agility: Reaction/Response</p> <p>Athletics - Sports Day Preparation</p>	<p>Core Real PE Unit 6 Health and Fitness Agility: Ball chasing Static Balance: Floor Work</p> <p>Games</p>
1	<p>Real Gym Unit 1 – Personal Shape and Travel</p> <p>Core Real PE Unit 1– Personal Coordination: Footwork Static Balance: One Leg</p>	<p>Orienteering</p> <p>Real Dance Unit 1- Social Circles and shapes</p>	<p>Core Real PE Unit 3 Cognitive Dynamic Balance: On a line Static Balance: Stance Real Gym Unit 2 Cognitive Flight and Balance</p>	<p>Core Real PE Unit 4 Creative Coordination: Ball skills Counter Balance: With a partner</p> <p>Striking and fielding games</p>	<p>Forest School</p> <p>Athletics- Sports Day Preparation</p>	<p>Forest School</p> <p>Core Real PE Unit 6 Health and Fitness Agility: Ball chasing Static Balance: Floor Work</p>
2	<p>Real Gym Unit 1 – Personal Balance and Travel</p> <p>Core Real PE-Unit 1 Personal Coordination: Footwork Static Balance: One Leg</p>	<p>Real Dance Unit 1- Social Circles and shapes</p> <p>Orienteering</p>	<p>Real Gym Unit 2 – Cognitive</p> <p>Core Real PE Unit 3 Cognitive Dynamic Balance: On a line Static Balance: Stance</p>	<p>Forest School</p> <p>Core Real PE Unit 4 Creative Coordination: Ball skills Counter Balance: With a partner</p>	<p>Swimming</p> <p>Athletics- Sports Day Preparation</p>	<p>Swimming</p> <p>Core Real PE Unit 6 Health and Fitness Agility: Ball chasing Static Balance: Floor Work</p>

<p>3</p>	<p>Real Gym Unit 1- Personal Travel and Rotation</p> <p>Core Real PE-Unit 1 Personal Coordination: Footwork Static Balance: One Leg</p>	<p>Orienteering</p> <p>Real Dance Unit 1- Social Circles and shapes</p>	<p>Forest School</p> <p>Core Real PE Unit 3 Cognitive Dynamic Balance: On a Line Coordination: Ball skills</p>	<p>Real Gym Unit 2 Creative Flight Sequences and Climbing Sequences</p> <p>Core Real PE Unit 4 Creative Coordination: Sending and Receiving Counter Balance: With a Partner</p>	<p>Core Real PE Unit 5 Physical Agility: Reaction/Response Static Balance: Floor Work</p> <p>Athletics- Sports Day Preparation</p>	<p>Core Real PE Unit 6 Health and Fitness Agility: Ball chasing Static Balance: Floor Work</p> <p>Striking and fielding games</p>
<p>4</p>	<p>Forest School</p> <p>Core Real PE -Unit 1 Personal Coordination: Footwork Static Balance: One Leg</p>	<p>Forest School</p> <p>Orienteering</p>	<p>Real Gym Unit 1 Cognitive Balance and Rotation</p> <p>Real Dance Unit 1- Social Circles and shapes</p>	<p>Real Gym Unit 2 Creative Flight Sequences and Group Sequences</p> <p>Core Real PE Unit 4 Creative Coordination: Sending and Receiving Counter Balance: With a partner</p>	<p>Core Real PE Unit 5 Physical Agility: Reaction/Response Static Balance: Floor Work</p> <p>Athletics- Sports Day Preparation</p>	<p>Core Real PE Unit 6 Health and Fitness Agility: Ball chasing Static Balance: Stance</p> <p>Striking and fielding games</p>
<p>5</p>	<p>Real Gym-Unit 1 Personal Rhythmic sequences and bench sequences</p> <p>Core Real PE-Unit 1 Personal Coordination:Ball Skills Agility: Reaction/Response</p>	<p>Real Dance Unit 1- Social Circles and shapes</p> <p>Orienteering</p>	<p>Real Gym Unit 2 Cognitive Acrobatic Sequences and Climbing Sequences</p> <p>Core Real PE Unit 3 Cognitive Static Balance: Stance Coordination: Footwork</p>	<p>Core Real PE Unit 4 Creative Static Balance: Seated Static Balance: Floor Work</p> <p>Striking and fielding games</p>	<p>Forest School</p> <p>Athletics- Sports Day Preparation</p>	<p>Forest School</p> <p>Core Real PE Unit 6 Health and Fitness Coordination: Sending and Receiving Agility: Ball Chasing</p>

<p>6</p>	<p>Real Gym-Unit 1 Personal Rhythmic sequences and bench sequences</p> <p>Core Real PE-Unit 1 Personal Coordination:Ball Skills Agility: Reaction/Response</p>	<p>Orienteering</p> <p>Real Dance Unit 1- Social Circles and shapes</p>	<p>Forest School</p> <p>Real Gym Unit 2 Cognitive Acrobatic Sequences and Climbing Sequences</p>	<p>Forest School</p> <p>Core Real PE Unit 4 Creative Static Balance: Seated Static Balance: Floor Work</p>	<p>Athletics- Sports Day Preparation</p> <p>Core Real PE Unit 5 Physical Jumping and Landing Static Balance: One Leg</p> <p>Swimming (catch up)</p>	<p>Core Real PE Unit 6 Health and Fitness Coordination: Sending and Receiving Agility: Ball Chasing</p> <p>Games</p> <p>Swimming (catch up)</p>
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* We follow the *realPE* scheme of learning for PE