

KEY STAGE 1		Autumn		Spring		Summer	
	Lesson	1 Personal	2 Social	3 Cognitive	4 Creative	5 Physical	6 Health and Fitness
Year 1	1	real PE Coordination - Floor Movement Patterns (10) One Leg Standing (1)	real PE Dynamic Balance to Agility (6) Static Balance - Seated (2)	real PE Dynamic Balance (5) Static balance - small base (4)	real PE Coordination - ball skills (9) Counter Balance in Pairs (7)	real PE Agility - React/Response (12) Coordination with equipment (8)	real PE Cardio - Agility - Ball Chasing (11) Static Balance - floor work (3)
	2	Gymnastics	Fundamental Skills	Gymnastics	Fundamental Skills	Cricket	Dance
Year 2	1	real PE Coordination - Floor Movement Patterns (10) One Leg Standing (1)	real PE Dynamic Balance to Agility (6) Static Balance - Seated (2)	real PE Dynamic Balance (5) Static balance - small base (4)	real PE Coordination - ball skills (9) Counter Balance in Pairs (7)	real PE Agility - React/Response (12) Coordination with equipment (8)	real PE Cardio - Agility - Ball Chasing (11) Static Balance - floor work (3)
	2	Hockey	Tag Rugby	Netball	Football	Cricket	Dance
KEY STAGE 2		Autumn		Spring		Summer	
		1 Personal	2 Social	3 Cognitive	4 Creative	5 Physical	6 Health and Fitness
Year 3	1	real PE Cardio - Coordination - Floor Movement Patterns (10) One Leg Standing (1)	real PE Cardio - Dynamic Balance to Agility (6) Static Balance - Seated (2)	real PE Cardio - Dynamic Balance (5) Coordination - Ball Skills (9)	real PE Coordination with Equipment (8) Counter Balance in Pairs (7)	real PE Agility - React/Response (12) Static Balance - Floor Work (3)	real PE Cardio - Agility - Ball Chasing (11) Static Balance - Small Base (4)
	2	Hockey	Tag Rugby	Netball	Football	Cricket	Dance
Year 4	1	real PE Cardio - Coordination - Floor Movement Patterns (10) One Leg Standing (1)	real PE Cardio - Dynamic Balance to Agility (6) Static Balance - Seated (2)	real PE Cardio - Dynamic Balance (5) Coordination - Ball Skills (9)	real PE Coordination with Equipment (8) Counter Balance in Pairs (7)	real PE Agility - React/Response (12) Static Balance - Floor Work (3)	real PE Cardio - Agility - Ball Chasing (11) Static Balance - Small Base (4)
	2	Hockey	Tag Rugby	Netball	Football	Cricket	Dance
		1 Cognitive	2 Creative	3 Social	4 Physical	5 Health and Fitness	6 Personal
Year 5	1	real PE	real PE Static Balance - Seated (2)	real PE Dynamic Balance (5)	real PE One Leg Standing (1)	real PE Static Balance - Small Base (4)	real PE Agility - Ball Chasing (11)

		Coordination - Ball Skills (9) Agility - React/Response (12)	Static Balance - Floor Work (3)	Counter Balance in Pairs (7)	Dynamic Balance to Agility (6)	Coordination - Floor Movement Patterns (10)	Coordination with Equipment (8)
	2	Hockey	Tag Rugby	Netball	Football	Cricket	Dance
Year 6	1	real PE Coordination - Ball Skills (9) Agility - React/Response (12)	real PE Static Balance - Seated (2) Static Balance - Floor Work (3)	real PE Dynamic Balance (5) Counter Balance in Pairs (7)	real PE One Leg Standing (1) Dynamic Balance to Agility (6)	real PE Static Balance - Small Base (4) Coordination - Floor Movement Patterns (10)	real PE Agility - Ball Chasing (11) Coordination with Equipment (8)
	2	Hockey	Tag Rugby	Netball	Football	Cricket	Dance