

**PE Curriculum Overview**

Fundamental Movement Skills are identified for each unit

See skills progression document in identify how the skills develop throughout the year groups, and how the fundamental key skills are further developed in dance and gym units.

**NC links in italics**

**KS1**

*Pupils should be taught to:*

1. *master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities*
2. *participate in team games, developing simple tactics for attacking and defending*
3. *perform dances using simple movement patterns.*

**KS2**

1. *use running, jumping, throwing and catching in isolation and in combination*
2. *play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending*
3. *develop flexibility, strength, technique, control and balance*
4. *perform dances using a range of movement patterns*
5. *take part in outdoor and adventurous activity challenges both individually and within a team*
6. *compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

<b>Year 1</b>	<b>Real PE Unit 1 Personal</b> Coordination – footwork Static Balancing on one leg  <b>1,2</b>	<b>Real Gym Unit 1</b> Shape Travel  <b>1,2</b>	<b>Real Dance Unit 1</b> Solo and partnering shapes Artistry – musicality, abstraction and composition  <b>1,2,3</b>	<b>Real Gym Unit 2</b>  Flight Rotation  <b>1,2</b>	<b>Real Dance Unit 2</b> Solo and partnering shapes Artistry – musicality, abstraction and composition  <b>1,2,3</b>	<b>Real PE Unit 6 – Health and Fitness</b> Agility – ball chasing Static balance – floor work  <b>1,2,3</b>
		<b>Real PE Unit 2 – Social</b> Dynamic Balance to agility – Jumping and landing Static balance – seated  <b>1,2</b>	<b>Real PE Unit 3 – Cognitive</b> Dynamic Balance – on a line Static balance – stance  <b>1,2</b>	<b>Real PE Unit 4 – Creative</b> Coordination – ball skills Counter balance – with a partner  <b>1,2</b>	<b>Real PE Unit 5 – Physical</b> Coordination – Sending and receiving Agility – reaction / response  <b>1,2</b>	
<b>Year 2</b>	<b>Real PE Unit 1 Personal</b> Coordination – footwork Static Balancing on one leg  <b>1, 2,</b>	<b>Real Gym Unit 1</b> Balance Travel  <b>1,2</b>	<b>Real Dance Unit 1</b> Solo and partnering shapes Artistry – musicality, abstraction and composition  <b>1, 2,</b>	<b>Real Gym Unit 2</b> Flight Rotation  <b>1, 2,</b>	<b>Real Dance Unit 2</b> Solo and partnering shapes Artistry – musicality, abstraction and composition  <b>1,2,3</b>	<b>Real PE Unit 6 – Health and Fitness</b> Agility – ball chasing Static balance – floor work  <b>1, 2,</b>

		<b>Real PE Unit 2 – Social</b> Dynamic Balance to agility – Jumping and landing Static balance – seated <b>1,2</b>	<b>Real PE Unit 3 – Cognitive</b> Dynamic Balance – on a line Static balance – stance <b>1,2</b>	<b>Real PE Unit 4 – Creative</b> Coordination – ball skills Counter balance – with a partner <b>1,2</b>	<b>Real PE Unit 5 – Physical</b> Coordination – Sending and receiving Agility – reaction / response <b>1,2</b>	
<b>Year 3</b>	<b>Real PE Unit 1 Personal</b> Coordination – footwork Static Balancing on one leg  <b>1, 2, 3, 6</b>  <b>Orienteering</b> <b>5</b>	<b>Real Gym Unit 1</b> Travel Rotation  <b>1, 3, 6</b>	<b>Real Dance Unit 1</b> Solo and partnering shapes Solo and partnering circles Artistry – abstraction and composition <b>3, 4, 6</b>	<b>Real Gym Unit 2</b> Flight Balance  <b>1, 3, 6</b>	<b>Real Dance Unit 2</b> Solo and partnering shapes Solo and partnering circles Artistry – abstraction and composition <b>3, 4, 6</b>	<b>Real PE Unit 6 – Health and Fitness</b> Agility – ball chasing Static balance – floor work  <b>1, 2, 3, 6</b>
		<b>Real PE Unit 2 – Social</b> Dynamic Balance to agility – Jumping and landing Static balance – seated <b>1, 2, 3, 6</b>	<b>Real PE Unit 3 – Cognitive</b> Dynamic Balance – on a line Static balance – stance <b>1, 2, 3, 6</b>  <b>Archery</b> <b>5</b>	<b>Real PE Unit 4 – Creative</b> Coordination – ball skills Counter balance – with a partner <b>1, 2, 3, 6</b>	<b>Real PE Unit 5 – Physical</b> Coordination – Sending and receiving Agility – reaction / response <b>1, 2, 3, 6</b>	
<b>Year 4</b>	<b>Real PE Unit 1 Personal</b> Coordination – footwork Static Balancing on one leg  <b>1, 2, 3, 6</b>	<b>Real Gym Unit 1</b> Balance Rotation  <b>1, 3, 6</b>	<b>Real Dance Unit 1</b> Partnering shapes Partnering lifts Partnering circles Artistry composition <b>3, 4, 6</b>	<b>Real Gym Unit 2</b> Flight Travel  <b>1, 3, 6</b>	<b>Real Dance Unit 2</b> Partnering shapes Partnering lifts Partnering circles Artistry composition <b>3, 4, 6</b>	<b>Real PE Unit 6 – Health and Fitness</b> Agility – ball chasing Static balance – floor work  <b>1, 2, 3, 6</b>
		<b>Real PE Unit 2 – Social</b> Dynamic Balance to agility – Jumping and landing Static balance – seated <b>1, 2, 3, 6</b>	<b>Real PE Unit 3 – Cognitive</b> Dynamic Balance – on a line Static balance – stance  <b>1, 2, 3, 6</b>	<b>Real PE Unit 4 – Creative</b> Coordination – ball skills Counter balance – with a partner <b>1, 2, 3, 6</b>  <b>Rock Climbing</b> <b>5</b>	<b>Real PE Unit 5 – Physical</b> Coordination – Sending and receiving Agility – reaction / response  <b>1, 2, 3, 6</b>	

<b>Year 5</b>	<b>Real PE Unit 1 Cognitive</b> Coordination – ball skills Agility – reaction / response  <b>1, 2, 3, 6</b>	<b>Real Gym Unit 1</b> Hand apparatus Low apparatus  <b>1, 3, 6</b>	<b>Real Dance Unit 1</b> Partnering lifts and circles Artistry musicality, abstraction and composition  <b>3, 4, 6</b>	<b>Real Gym Unit 2</b> Partner work Large apparatus  <b>1, 3, 6</b>	<b>Real Dance Unit 2</b> Partnering lifts and circles Artistry musicality, abstraction and composition <b>3, 4, 6</b>	<b>Real PE Unit 6 – Personal</b> Agility – ball chasing Static balance – floor work  <b>1, 2, 3, 6</b>
	<b>Real PE Unit 2 – Creative</b> Static balance – seated, floor work	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>
<b>Year 6</b>	<b>Real PE Unit 1 Cognitive</b> Coordination – ball skills Agility – reaction / response  <b>1, 2, 3, 6</b>	<b>Real Gym Unit 1</b> Hand apparatus Low apparatus  <b>1, 3, 6</b>	<b>Real Dance Unit 1</b> Partnering lifts and circles Artistry musicality, abstraction and composition <b>3,4,6</b>	<b>Real Gym Unit 2</b> Partner work Large apparatus  <b>1, 3, 6</b>	<b>Real Gym Unit 2</b>  <b>3,4,6</b>	<b>Real PE Unit 6 – Personal</b> Agility – ball chasing Static balance – floor work  <b>1, 2, 3, 6</b>
	<b>Real PE Unit 2 – Creative</b> Static balance – seated, floor work  <b>1, 2, 3, 6</b>	<b>Real PE Unit 3 – Social</b> Dynamic Balance – on a line Counter balance – with a partner  <b>1, 2, 3, 6</b>	<b>Real PE Unit 4 – Physical</b> Dynamic Balance to Agility – jumping and landing Static balance – one leg  <b>1, 2, 3, 6</b>	<b>Real PE Unit 5 – Health and Fitness</b> Static balance – stance Coordination – footwork  <b>Rock Climbing</b> <b>5</b>		