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.

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

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

Year 5	Real PE Unit 1 Cognitive	Real Gym Unit 1	Real Dance Unit 1	Real Gym Unit 2	Real Dance Unit 2	Real PE Unit 6 – Personal
	Coordination – ball skills	Hand apparatus	Partnering lifts and	Partner work		Agility – ball chasing
	Agility – reaction /	Low apparatus	circles	Large apparatus	Partnering lifts and	Static balance – floor
	response		Artistry musicality,		circles	work
		1, 3, 6	abstraction and	1, 3, 6	Artistry musicality,	
	1, 2, 3, 6		composition		abstraction and	1, 2, 3, 6
					composition	
			3, 4, 6		3, 4, 6	
		Real PE Unit 2 -	Swimming	Swimming	Swimming	Swimming
		Creative				
		Static balance –				
		seated, floor work				
Year 6	Real PE Unit 1 Cognitive	Real Gym Unit 1	Real Dance Unit 1	Real Gym Unit 2	Real Gym Unit 2	Real PE Unit 6 – Personal
	Coordination – ball skills	Hand apparatus	Partnering lifts and	Partner work		Agility – ball chasing
	Agility – reaction /	Low apparatus	circles	Large apparatus	3,4,6	Static balance – floor
	response		Artistry musicality,			work
		1, 3, 6	abstraction and	1, 3, 6		
	1, 2, 3, 6		composition			1, 2, 3, 6
			3,4,6			
		Real PE Unit 2 –	Real PE Unit 3 –	Real PE Unit 4 –	Real PE Unit 5 –	-
		Creative	Social	Physical	Health and Fitness	
		Static balance –	Dynamic Balance –	Dynamic Balance to	Static balance –	
		seated, floor work	on a line	Agility – jumping and	stance	
		Scatca, Hoor work	Counter balance –	landing	Coordination –	
		1, 2, 3, 6	with a partner	Static balance – one	footwork	
		_, _, 0, 0	a partite	leg	100twork	
			1, 2, 3, 6	100	Rock Climbing	
			_, _, ,, ,	1, 2, 3, 6	5	
				1, 2, 3, 3	5	