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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **LKS2****YEAR 3****Lesson 1****Indoor** | **Real PE - Unit 1 (Personal Skills)**Coordination: Footwork and Static Balance: One Leg | **Gymnastics**Flexibility, strength, technique, control, balance | **Real PE - Unit 2****(Social Skills)**Dynamic Balance: Jumping and Landing and Static Balance: Seated | **Dance-Creative Steps**Waters and Rivers/Invade and SettleMovement patterns, technique. | **Athletics**(Sports Day)Strength, technique, control, balance. | **Real PE – Unit 6****(Health and Fitness)**Agility: Ball Chasing and Static Balance: Stance |
| **LKS2****YEAR 3****Lesson 2****Outdoor** | **Invasion Games**Ball skills, throwing and catching. Attacking and Defending(Tag Rugby) | **Net Games**Competitive games, personal best.(Tennis) | **Swimming**Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations. |
| **LKS2****YEAR 3/4****Lesson 1****Indoor** | **Real PE - Unit 1 (Personal Skills)**Coordination: Footwork and Static Balance: One Leg | **Gymnastics**Flexibility, strength, technique, control, balance | **Real PE - Unit 2****(Social Skills)**Dynamic Balance: Jumping and Landing and Static Balance: Seated | **Dance-Creative Steps**Waters and Rivers/Invade and SettleMovement patterns, technique. | **Invasion Games**Ball skills, throwing and catching. Attacking and Defending(Tag Rugby) | **Real PE – Unit 6****(Health and Fitness)**Agility: Ball Chasing and Static Balance: Stance |
| **LKS2****YEAR 3/4****Lesson 2****Outdoor** | **Swimming**Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations. | **Athletics**(Sports Day)Strength, technique, control, balance. | **Net Games**Competitive games, personal best.(Tennis) |
| **LKS2****YEAR 4****Lesson 1****Indoor** | **Real PE - Unit 1 (Personal Skills)**Coordination: Footwork and Static Balance: One Leg | **Gymnastics**Flexibility, strength, technique, control, balance | **Real PE - Unit 2****(Social Skills)**Dynamic Balance: Jumping and Landing and Static Balance: Seated | **Dance-Creative Steps**Waters and Rivers/Invade and SettleMovement patterns, technique. | **Athletics**(Sports Day)Strength, technique, control, balance. | **Real PE – Unit 6****(Health and Fitness)**Agility: Ball Chasing and Static Balance: Stance |
| **LKS2****YEAR 4****Lesson 2****Outdoor** | **Swimming**Swim competently, confidently and proficiently over a distance of at least 25 metres | **Invasion Games**Ball skills, throwing and catching. Attacking and Defending(Tag Rugby) | **Net Games**Competitive games, personal best.(Tennis) | **Swimming**Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations. |

**Lower Key Stage 2 - Physical Education - Yearly Overview A**

**\*Outdoor Adventurous Activities - Orienteering, Problem Solving and Residential Trip in Year 4.**

**\*Skills that children will be expected to demonstrate during these sessions. See ‘Skills Progression’ document for more information.**

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **LKS2****YEAR 3****Lesson 1****Indoor** | **Gymnastics**Flexibility, strength, technique, control, balance | **Real PE – Unit 3****(Cognitive Skills)**Dynamic Balance: On a line and Coordination: Ball skills | **Dance-Creative Steps**Reduce, Rethink, Repair/Lights, Camera, ActionMovement patterns, technique. | **Real PE - Unit 4****(Creative Skills)**Coordination: Sending and receiving and Counter Balance: In Pairs | **Athletics**(Sports Day)Strength, technique, control, balance. | **Real PE - Unit 5****(Applying Physical Skills)**Agility: Reaction and Response and Static Balance: Floorwork |
| **LKS2****YEAR 3****Lesson 2****Outdoor** | **Invasion Games**Ball skills, throwing and catching. Attacking and Defending(Basketball) | **Striking and Fielding**Competitive games, ball skills, throwing and catching.(Rounders/Cricket) | **Swimming**Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations. |
| **LKS2****YEAR 3/4****Lesson 1****Indoor** | **Gymnastics**Flexibility, strength, technique, control, balance | **Real PE – Unit 3****(Cognitive Skills)**Dynamic Balance: On a line and Coordination: Ball skills | **Dance-Creative Steps**Reduce, Rethink, Repair/Lights, Camera, ActionMovement patterns, technique. | **Real PE - Unit 4****(Creative Skills)**Coordination: Sending and receiving and Counter Balance: In Pairs | **Invasion Games**Ball skills, throwing and catching. Attacking and Defending(Basketball) | **Real PE - Unit 5****(Applying Physical Skills)**Agility: Reaction and Response and Static Balance: Floorwork |
| **LKS2****YEAR 3/4****Lesson 2****Outdoor** | **Swimming**Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations. | **Athletics**(Sports Day)Strength, technique, control, balance. | **Striking and Fielding**Competitive games, ball skills, throwing and catching.(Rounders/Cricket) |
| **LKS2****YEAR 4****Lesson 1****Indoor** | **Gymnastics**Flexibility, strength, technique, control, balance | **Real PE – Unit 3****(Cognitive Skills)**Dynamic Balance: On a line and Coordination: Ball skills | **Dance-Creative Steps**Reduce, Rethink, Repair/Lights, Camera, ActionMovement patterns, technique. | **Real PE - Unit 4****(Creative Skills)**Coordination: Sending and receiving and Counter Balance: In Pairs | **Athletics**(Sports Day)Strength, technique, control, balance. | **Real PE - Unit 5****(Applying Physical Skills)**Agility: Reaction and Response and Static Balance: Floorwork |
| **LKS2****YEAR 4****Lesson 2****Outdoor** | **Swimming**Swim competently, confidently and proficiently over a distance of at least 25 metres. | **Invasion Games**Ball skills, throwing and catching. Attacking and Defending(Basketball) | **Striking and Fielding**Competitive games, ball skills, throwing and catching.(Rounders/Cricket) | **Swimming**Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations. |

**Lower Key Stage 2 - Physical Education - Yearly Overview B**

**\*Outdoor Adventurous Activities - Orienteering, Problem Solving and Residential Trip in Year 4. \*Skills that children will be expected to demonstrate during these sessions. See ‘Skills Progression’ document for more information.**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **UKS2****Lesson 1****Indoor** | **Real PE - Unit 6 (Personal Skills)**Coordination: Ball skills and Agility: Reaction and Response | **Gymnastics**Flexibility, strength, technique, control, balance | **Real PE - Unit 3****(Social Skills)**Static Balance: Seated and Static Balance: Floorwork | **Dance - Creative Steps**South America, ConflictMovement patterns, technique | **Real PE – Unit 1****(Cognitive Skills)**Dynamic Balance: On a line and Counter Balance: In Pairs | **Gymnastics**Flexibility, strength, technique, control, balance |
| **UKS2****Lesson 2****Outdoor** | **Invasion Games**Ball skills, throwing and catching. Attacking and defending(Handball) | **Invasion Games**Ball skills, throwing and catching. Attacking and defending(Hockey) | **Fitness and Health Awareness**Compare performances, personal best.(Circuit training, aerobics, fitness testing, nutrition) | **Net Games**Competitive games, personal best.(Tennis/Volleyball) | **Athletics**(Sports Day)Strength, technique, control, balance. | **Striking and Fielding**Competitive games, ball skills, throwing and catching.(Rounders) |

**Upper Key Stage 2 - Physical Education - Yearly Overview A**

**\*Outdoor Adventurous Activities - Orienteering, Problem Solving and Residential Trip for Year 6.**

**\*Skills that children will be expected to demonstrate during these sessions. See ‘Skills Progression’ document for more information.**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **UKS2****Lesson 1** | **Real PE - Unit 2****(Creative Skills)**Static Balance: 1 Leg and Dynamic Balance: Jumping and Landing | **Gymnastics**Flexibility, strength, technique, control, balance | **Real Leaders****(Leadership Skills)**Unit 1 - 6 | **Real Leaders****(Leadership Skills)**Unit 7 - 12 | **Dance-Creative Steps**Environment and Weather/PicassoMovement patterns, technique | **Net Games**Competitive games, personal best.(Badminton) |
| **UKS2****Lesson 2** | **Invasion Games**Ball skills, throwing and catching. Attacking and defending(Netball/Football) | **Real PE - Unit 4****(Applying Physical Skills)**Static Balance: Stance and Coordination: Footwork | **Outdoor Adventurous Activities**Listening skills, interpret maps, problem solve.(Orienteering and Problem Solving) | **Real PE – Unit 5****(Health and Fitness)**Agility: Ball Chasing and Coordination: Sending and receiving | **Athletics**(Sports Day)Strength, technique, control, balance. | **Striking and Fielding**Competitive games, ball skills, throwing and catching.(Cricket) |

**Upper Key Stage 2 - Physical Education - Yearly Overview B**

**\*Outdoor Adventurous Activities – Taught through Geography topics throughout the year too.**

**\*Skills that children will be expected to demonstrate during these sessions. See ‘Skills Progression’ document for more information.**