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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 Settle  Movement 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 Settle  Movement 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 Settle  Movement 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, Action  Movement 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, Action  Movement 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, Action  Movement 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, Conflict  Movement 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/Picasso  Movement 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.**