

Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Lesson one	Real PE Balances	Real PE Footwork: Jumping and Landing	Dance	Real Gym	Real PE Ball Skills	Real PE Ball games
	Lesson two	Gymnastics Sequences	Gymnastics Sequences Applying skills	Yoga	Multi-sports	Striking and fielding games: Cricket Rounders	Invasion games: Football

Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2	Lesson one	Real Dance	Multi-sports	Multi-sports	Invasion games Football	Athletics	Athletics
	Lesson two	Real Gym (part one)	Real PE Footwork and static balancing	Real PE Coordination: Ball skills Counter balance	Real Gym (part two)	Net/Wall games: Tennis Striking and fielding games: Golf	Striking and fielding games: Cricket Rounders

Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Lesson one	Real Dance	Real PE Dynamic balance and Agility: Jumping and landing	Real PE Coordination: sending and receiving Agility: reaction/response	Real PE Static balancing: Floor work Agility: Ball chasing	Athletics	Athletics
	Lesson two	Real Gym	Real Gym	Multi-sports	Invasion games: TAG rugby Football	Net/Wall games: Tennis Striking and fielding games: Golf	Striking and fielding games: Cricket Rounders

Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3/4	Lesson one	Real PE Unit 1 Personal	Real PE Unit 2 Social	Real PE Unit 3 Cognitive	Real PE Unit 4 Creative	Real PE Unit 5 Physical	Real PE Unit 6 Health and Fitness
	Lesson two	Invasion games: Basketball	Gymnastics	Dance	Multi-sports Net wall games: Tennis	Striking and fielding games: Cricket Rounders	Athletics

Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4/5	Lesson one	Real Gymnastics	Real Dance	Invasion games: Basketball Dodgeball	Striking and fielding games: Cricket Rounders	Athletics	Athletics
	Y5 Lesson two	Swimming					
	Y4 Lesson two	Multi-sports	Multi-sports	Net wall games: Badminton Table tennis	Striking and fielding games: Cricket	Net wall games: Tennis	Striking and fielding games: Golf

Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5/6	Lesson one	Invasion games: Basketball Dodgeball Benchball	Real Dance	Real Gymnastics	Striking and fielding games: Cricket Rounders	OAA Invasion games: Netball	Athletics
	Y5 Lesson two	Swimming					
	Y6 Lesson two	Net wall games: Table tennis	Multi-sports: Curling Goalball	Archery	Net wall games: Badminton	Net wall games: Tennis	Striking and fielding games: Golf

Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Lesson one	Invasion games: Basketball Dodgeball Benchball	Real Dance	Real Gymnastics	Striking and fielding games: Cricket Rounders	Striking and fielding games: Cricket Rounders Golf	Athletics
	Lesson two	Invasion games: TAG rugby	Real PE: Unit 1 Social Net wall games: Volleyball	Invasion games: Basketball Dodgeball Benchball	Invasion games: Hockey	OAA	Net wall games: Tennis