



P.E 2023- 2024 – Discretion given to staff to change the order of blocks on the understanding that all required content Has been taught by the end of the academic year and the member of staff has consulted with the P.E co-ordinator.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<u>Real P.E Unit 1</u> - 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. <u>Real Dance</u> - Perform dances using a range of movement patterns	<u>Real P.E Unit 2</u> - 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. <u>Real Gym Unit 1</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 3</u> - 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. <u>Yoga</u> - develop flexibility, strength, technique, control and balance	<u>Real P.E Unit 4</u> - 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. <u>Real Gym Unit 2</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 5</u> - 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. - Perform dances using simple movements <u>Real P.E Unit 6</u> - 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. - Perform dances using simple movements	<u>Swimming</u> - Provide swimming instruction - Swim competently, confidently and proficiently - Use a range of strokes effectively <u>Sports Day practise</u> - 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	<u>Real P.E Unit 1</u> - Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities <u>Real Gym Unit 1</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 2</u> - 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. <u>Real Gym Unit 2</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 3</u> - Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. <u>Swimming</u> - Provide swimming instruction - Swim competently, confidently and proficiently - Use a range of strokes effectively	<u>Real PE Unit 4</u> - Participate in Team Games - Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. <u>Football</u> - participate in team games, developing simple tactics for attacking and defending - 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	<u>Real P.E Unit 5</u> - 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. <u>Cricket</u> - participate in team games, developing simple tactics for attacking and defending - 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	<u>Real P.E Unit 6</u> - Participate in Team Games - Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. <u>Sports Day practise</u> - Use running, jumping, throwing and catching in isolation and in combination - Participate in Team Games
3	<u>Real PE Unit 1</u> - Use running and jumping in combination and in isolation. - Develop flexibility, strength, technique, control and balance through athletics. <u>Real Gym Unit 1</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 2</u> - Use running and jumping in combination and in isolation - Play competitive games, modified where appropriate <u>Swimming</u> - Provide swimming instruction - Swim competently, confidently and proficiently	<u>Real P.E Unit 3</u> - Use running and jumping in combination and in isolation. - Develop flexibility, strength, technique, control and balance through athletics. <u>Real Gym Unit 2</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 4</u> - Play competitive games - Use running, jumping, throwing and catching in isolation and in combination <u>Real P.E Unit 5</u> - Use running and jumping in combination and in isolation. - Develop flexibility, strength, technique, control and balance through athletics	<u>Sports Day practise</u> - Use running, jumping, throwing and catching in isolation and in combination - Participate in Team Games <u>Invasion/Ball game (T.B.D by class teacher in conjunction with P.e co-ordinator))</u> - Use running, jumping, throwing and catching in isolation and in combination - Participate in Team Games	<u>Real P.E Unit 6</u> - Play competitive games - Use running, jumping, throwing and catching in isolation and in combination <u>Sports Day practise</u> - Use running, jumping, throwing and catching in isolation and in combination - Participate in Team Games

		Use a range of strokes effectively				
4	<u>Real P.E Unit 1</u> - Develop flexibility, strength, technique, control and balance through athletics <u>Hockey</u> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	<u>Real P.E Unit 2</u> Develop flexibility, strength, technique, control and balance through athletics <u>Real Gym Unit 1</u> Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Moving Targets</u> - Perform dances using a range of movement patterns <u>Real P.E Unit 3</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real Gym Unit 2</u> - Develop flexibility, strength, technique, control and balance through gymnastics. <u>Swimming</u> - Provide swimming instruction - Swim competently, confidently and proficiently - Use a range of strokes effectively	<u>Real P.E Unit 4</u> - Play competitive games and apply suitable principles for attacking and defending - Use running, jumping, throwing and catching in isolation and in combination - Develop flexibility, strength, technique, control and balance through athletics <u>Rounders/Cricket</u> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	<u>Real P.E Unit 5</u> - Play competitive games - Use running, jumping, throwing and catching in isolation and in combination - Develop flexibility, strength, technique, control and balance through athletics <u>Sports Day practise</u> - Use running, jumping, throwing and catching in isolation and in combination - Participate in Team Games
5	<u>Real P.E Unit 1</u> - Team/Invasion Games – Hand Tennis/Bench ball - Use running, jumping, throwing and catching in isolation and in combination - Play competitive games and apply suitable principles for attacking and defending <u>Swimming</u> - Provide swimming instruction - Swim competently, confidently and proficiently - Use a range of strokes effectively	<u>Real P.E Unit 2</u> - Team/Invasion Games – Seated Volleyball/Scorpion Handball - Use running and jumping in combination and in isolation - Develop flexibility, strength, technique, control and balance through athletics. - Play competitive games and apply suitable principles for attacking and defending <u>Real Gym Unit 1</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 3</u> - Team/Invasion Games – River Crossing/Kabadi - Use running and jumping in combination and in isolation - Develop flexibility, strength, technique, control and balance through athletics. - Play competitive games and apply suitable principles for attacking and defending <u>Real Gym Unit 2</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 4</u> - Team/Invasion Games – Jump, Roll and Balance/Jump ball - Play competitive games - Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance through athletics. <u>Tennis</u> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	<u>Real P.E Unit 5</u> - Invasion Games – Beanbag Raid/Dodgeball - Use running and jumping in combination and in isolation - Develop flexibility, strength, technique, control and balance through athletics. - Play competitive games and apply suitable principles for attacking and defending <u>Cricket</u> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	<u>Real P.E Unit 6</u> Team Games – Throff/Scatterball - Play competitive games <u>Sports Day practise</u> - Use running, jumping, throwing and catching in isolation and in combination - Participate in Team Games
6	<u>Real P.E Unit 1</u> - Team/Invasion Games – Hand Tennis/End Ball - Use running, jumping, throwing and catching in isolation and in combination - Play competitive games and apply suitable principles for attacking and defending <u>Real Gym Unit 1</u> - Develop flexibility, strength, technique, control and balance through gymnastics.	<u>Real P.E Unit 2</u> - Team/Invasion Games – Seated Volleyball/Scorpion Handball - Use running and jumping in combination and in isolation - Develop flexibility, strength, technique, control and balance through athletics. - Play competitive games and apply suitable principles for attacking and defending	<u>Real Gym Unit 2</u> - Develop flexibility, strength, technique, control and balance through gymnastics. <u>Swimming</u> - Provide swimming instruction - Swim competently, confidently and proficiently - Use a range of strokes effectively	<u>Real P.E Unit 4</u> - Team/Invasion Games – Jump, Roll and Balance/Jump ball - Play competitive games - Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance through athletics <u>Real P.E Unit 5</u>	<u>Real P.E Unit 6</u> Team Games – Throff/Scatterball - Play competitive games <u>Tennis/Cricket</u> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	<u>Rounders/Cricket/Tennis</u> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <u>Sports Day practise</u> - Use running, jumping, throwing and catching in isolation and in combination

		▪ <u>Real P.E Unit 3</u> ▪ Team/Invasion Games – River Crossing/Kabadi ▪ Use running and jumping in combination and in isolation ▪ Develop flexibility, strength, technique, control and balance through athletics. ▪ Play competitive games and apply suitable principles for attacking and defending ▪		▪ Invasion Games – Beanbag Raid/ Dodgeball ▪ Use running and jumping in combination and in isolation ▪ Develop flexibility, strength, technique, control and balance through athletics. ▪ Play competitive games and apply suitable principles for attacking and defending		• Participate in Team Games
Bees (KS1)	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>
Upper Key Stage 2 SEN Class	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u> •	<u>Integrate into Mainstream lessons</u> •
KS2 SEN Class	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>
Lower Key Stage 2 SEN Class	<u>Integrate into Mainstream lessons</u> •	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>	<u>Integrate into Mainstream lessons</u>