Coley Primary School Curriculum Overview

PE

Coley Primary School Overview for PE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	Real Foundations coverage is dependent on class – more time used for themes/specific objectives for individual/group needs. Possible themes for Nursery using Real Foundations in each term listed below.					
	• Cat (Static Balance: Floor work) • Tightrope (Static Balance: Stance)		• Pirates (Static Balance: One Leg) • Fairy tale (Agility: Reaction/ Response)		• Train (Dynamic Balance: On a line) • Squirrel (Agility: Ball chasing) • Space: Dynamic Balance to Agility (Jumping and Landing)	
Reception	**Outdoor: Circuit and Gross Motor skills** Benefits of movement Introduction to keeping fit, healthy and active **Indoor: Real PE Unit 1: Personal** Theme: Bike Skill: Co-ordination – Footwork Theme: Pirate Skill: Static Balance – One Leg	**Outdoor Ball Games:** Practise and develop skills including controlling, rolling, throwing, bouncing, kicking, catching and striking a ball. **Indoor: Real Dance Personal:** Artistry Partnering Circles Shapes	**Outdoor Real PE Unit 3 Cognitive:** Theme: Train Skill: Dynamic Balance – On a Line Theme: Tightrope Skill: Static Balance **Indoor Real PE Unit 2: Social** Theme: Space Skill: Dynamic Balance to Agility – Jumping and Landing Theme: Jungle Skill: Static Balance - Seated	**Outdoor Real PE Unit 4 Creative:** Theme: Clown Skill: Coordination – Ball skills Theme: Seaside Skill: Counter Balance **Indoor Real Gym Creative:** Theme: At Home Skill: Shape Theme: Jungle Trip Skill: Travel	**Outdoor Real PE Unit 5 Physical:** Theme: Juggling Skill: Coordination – Sending and Receiving Theme: Fairytale Skill: Agility – Reaction/ Response **Indoor Real Gym Physical**: Theme: Park Life Skill: Flight Theme: Toy Box Skill: Rotation	**Outdoor Sports Day Games:** Practise a range of skills, using some small equipment. Learning how to throw, run and jump in a range of different ways. **Indoor Real PE Unit 6 Health and Fitness**: Theme: Squirrel Skill: Agility – Ball Chasing Theme: Cat Skill: Static Balance – Floor Work **Competition – Sports Day**
Year 1	**Outdoor/ Canteen Real PE Unit 1 Personal:** Theme: Bike Skill: Coordination – Footwork	**Outdoor Invasion Games:** Travelling, travelling with a ball, passing and application to a simple invasion game.	**Outdoor Real PE Unit 3 Cognitive:** Theme: Train Skill: Dynamic Balance – On a Line	**Outdoor Real PE Unit 4 Creative:** Theme: Clown Skill: Coordination – Ball Skills Theme: Seaside	**Outdoor Real PE Unit 5 Physical:** Theme: Juggling Skill: Coordination – Sending and Receiving	**Outdoor Sports Day Games:** Skills for traditional running, jumping and throwing activities, travelling

	Theme: Pirate Skill: Static Balance – One Leg **Indoor Real Gym Personal:** Theme: At Home Skill: Shape Theme: Jungle Trip Skill: Travel	**Indoor Real PE Unit 2 Social:** Theme: Space Skill: Dynamic Balance to Agility – Jumping and Landing Theme: Jungle Skill: Static Balance - Seated	Theme: Tightrope Skill: Static Balance - Stance **Indoor Real Gym: Cognitive** Theme: Park Life Skill: Flight Theme: Toy Box Skill: Rotation	Skill: Counter Balance – With a Partner **Indoor Real Dance Creative:** Artistry Partnering Circles Shapes	Theme: Fairytale Skill: Agility – Reaction/ Response **Indoor Gym**: Theme: Animals Travel safely in different ways, at different speeds and levels. Bounce, hop, hopscotch, gallop, skip, tiptoe and run in different directions Jump safely on the ground and onto and from equipment. Jump and roll into different shapes, and put contrasting movements together to make sequences.	with equipment and across equipment. **Indoor Real PE Unit 6 Health and Fitness**: Theme: Squirrel Skill: Agility – Ball Chasing Theme: Cat Skill: Static Balance – Floor Work **Competition – Sports Day**
Year 2	**Outdoor Multiskills – throwing and catching:** Rolling a ball, two-handed catching, tracking and receiving skills. **Indoor Real PE Unit 1 Personal:** Coordination – Footwork	**Outdoor Invasion Games:** Dribble with a football, pass and receive, dodging and marking. **Indoor Real PE Unit 2 Social:** Dynamic Balance to Agility – Jumping and Landing Static Balance - Seated	**Outdoor Real PE Unit 3 Cognitive:** Dynamic Balance – On a Line Static Balance – Stance **Indoor Real Gym Cognitive:** Theme: Toy Box Skill: Balance Theme: Jungle Trip Skill: Travel	**Outdoor Real PE Unit 4 Creative:** Coordination – Ball Skills Counter Balance – With a Partner **Indoor Gym:** Theme: Under the Sea Practise a variety of skills, including rolls, jumps and balances. Develop	**Outdoor Real PE Unit 5 Physical:** Coordination – Sending and Receiving Agility – Reaction/ Response **Indoor Real Gym Physical:** Theme: Park Life Skill: Flight Theme: The Big City Skill: Rotation	**Outdoor Sports Day Games:** Olympic Values, develop skills in changing speed and direction when running, jumping for height and distance, throwing underarm accurately. **Real Dance Health & Fitness** Artistry

	Static Balance – One Leg			control, agility and coordination.	**Competition – Multi Skills**	Partnering Circles Shapes **Competition – Sports Day**
Year 3	**Outdoor Real PE Unit 1 Personal:** Co-ordination - Footwork Static Balance - One Leg **Indoor Real Gym Personal:** Theme: Mapping Pathways (Hand apparatus) Skill: Travel Theme: Rotation Sequences (Partner Work) Skill: Rotation	**Outdoor Tag Rugby:** Throwing and Catching Moving and dodging Tagging Intercepting Attacking and Defending Tactics Gameplay **Indoor Real PE Unit 2 Social:** Dynamic Balance to Agility - Jumping and landing Static Balance - Seated	**Outdoor Real PE Unit 3 Cognitive:** Dynamic Balance - On a Line Coordination - Ball skills **Indoor Real Gym Cognitive:** Theme: Flight Sequences (Low apparatus) Skill: Flight Theme: Climbing Sequences (Low and Large Apparatus) Skill: Balance	**Outdoor Real PE Unit 5 Physical:** Agility – Reaction/ Response Static Balance – Floor Work **Indoor Real Dance Social:** Artistry Partnering Circles Shapes **Competition – Tag Rugby**	**Outdoor Real PE Unit 6 Health and Fitness**: Agility – Ball chasing Static Balance – Stance **Indoor / Outdoor Adventurous activities** Teamwork Instructions Problem solving Directions Mapwork and orienteering	**Outdoor Athletics:** Sprint techniques Underarm and overarm throw for distance and accuracy Push throw Standing long jump **Indoor Real PE Unit 4 Creative:** Coordination - Sending and receiving Counter Balance – With a Partner **Competition – Sports Day**
Year 4	**Outdoor Real PE Unit 1 Personal:** Co-ordination – Footwork Static Balance - One leg Football skills **Indoor Real Gym Personal:**	**Outdoor Real PE Unit 2 Social:** Dynamic Balance to Agility – Jumping and Landing Static Balance - Seated **Indoor Real Dance Social:**	**Swimming** **Indoor Real PE Unit 3 Cognitive:** Dynamic Balance – On a line Coordination – Ball skills	**Swimming** **Indoor Real PE Unit 4 Creative:** Coordination – Sending and Receiving Counter Balance – With a Partner	**Outdoor Cricket:** Catches win matches Stop and throw Super striking – defending and attacking Bowling Kwik Cricket	**Outdoor Athletics:** Relay team Pull throw Standing triple jump **Indoor Real PE Unit 6 Health and Fitness:** Agility – Ball chasing Static Balance - Stance

	Theme: Acrobatic Sequences Skill: Balance Theme: Rotation Sequences (Partner Work) Skill: Rotation **Competition – Football**	Shapes Solo Circles Solo Partnering Shapes Partnering (Lifts) Partnering Circles Artistry (Making)			**Indoor Real Gym Physical**: Theme: Flight Sequences (With ropes) Skill: Flight Theme: Group Sequences (Low and large apparatus) Skill: Travel	**Competition – Cricket** **Competition – Sports Day**
Year 5	**Outdoor Real PE Unit 1 Personal:** Coordination - Ball skills Agility - Reaction/ response **Indoor Real Gym Personal:** Theme: Rhythmic Sequences Skill: Hand apparatus Theme: Bench Sequences Skill: Low apparatus **Bikeability**	**Outdoor Invasion games**: Dribbling, passing, keeping possession, teamwork **Indoor Real PE Unit 2 Social**: Dynamic Balance - On a line Counter Balance - With a partner **Competition – Football**	**Outdoor Hockey** Passing and receiving Moving with the ball Getting past a player Tackling Hitting and shooting Using your skills **Indoor Real Gym Cognitive:** Theme: Acrobatic Sequences Skill: Partner work Theme: Climbing Sequences Skill: Large apparatus	**Outdoor Real PE Unit 3 Cognitive:** Static balance - Stance Coordination- Footwork **Indoor Real PE Unit 4 Creative**: Static Balance - Seated Static Balance – Floor Work **Competition – Hockey**	**Outdoor Tennis Skills:** Striking and hitting skills Overhead tennis serve Mini-games **Indoor / Outdoor adventurous activities** Challenges Agility and endurance Orienteering Navigation Maps	**Outdoor Athletics:** Running for speed and endurance Standing vertical jump Fling throw One-handed pull throw **Indoor Real Dance Physical:** Shapes Solo Circles Solo Artistry Abstraction Artistry Musicality Partnering (Lifts) Artistry (Making) **Competition – Sports Day**
Year 6	**Outdoor Invasion Games:** Marking	**Outdoor Real PE Unit 1 Personal:**	**Outdoor Real PE Unit 3 Cognitive**:	**Outdoor Real PE Unit 6 Health and Fitness:**	**Outdoor Cricket:** Fielding skills Batting	**Outdoor Athletics:** Running for speed and endurance

	Dodging and pivoting Evaluating performances **Indoor Real PE Unit 4 Creative**: Static Balance - Seated Static Balance – Floor Work **Bikeability** **Competition – Football**	Coordination - Ball skills Agility - Reaction/ response **Indoor Real Gym Personal:** Theme: Rhythmic Sequences Skill: Hand apparatus Theme: Bench Sequences Skill: Low apparatus	Static Balance - Stance Coordination - Footwork **Indoor Real PE Unit 2 Social**: Dynamic Balance - On a line Counter Balance - With a partner	Coordination - Sending and receiving Agility - Ball chasing **Indoor Real Dance Health and Fitness:** Shapes Solo Circles Solo Artistry Abstraction Artistry Musicality Partnering (Lifts) Artistry (Making)	Bowling Kwik Cricket **Swimming**	Hurdles Long jump, triple jump and vertical jump Evaluating performances **Swimming** **Competition – Cricket** **Competition – Sports Day**