| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| --- | --- | --- | --- | --- | --- | --- |
| YR | Real PE – Unit 1 personal skills, coordination & static balance  Real Gym - Shape: At Home | Real PE - Unit 2 social skills, balance to agility & seated balance  Dance - REAL Dance Seasons - Autumn and Winter | Real PE – Unit 3 cognitive skills, dynamic balance & small base balance  Real Gym - Flight: Park Life | Real PE – Unit 4 creative skills, coordination ball skills & counter  balance in pairs  Real Gym - Rotation: Toy Box | Real PE – Unit 5 physical skills, coordination with equipment,  & agility  Dance:REAL Dance Growth and Change- The Hungry Caterpillar | Real PE – health & fitness, agility ball chasing & floor work  balancing  Coaching - Athletics and team games |
| Y1 | Real PE Unit 1 - personal skills, coordination & static balance  Coaching - REAL Gym: Park Life | Real PE Unit 2 - social skills, balance to agility & seated balance  Coaching-  REAL Dance | Real PE – Unit 3 cognitive skills, dynamic balance & small base balance  Coaching - Real Gym -  Unit 1: Shape & Balance  Unit 2: Travel | Real PE - creative skills, coordination ball skills & counter balance in pairs  Coaching - REAL Dance | Real PE - physical skills, coordination with equipment, & agility: reaction & response  Coaching - Striking & Fielding | Real PE - health & fitness, agility ball chasing & floor work  balancing  Coaching - Athletics |
| Y2 | Real PE – Unit 1 personal skills, coordination & static balance  Coaching - REAL Gym: Unit 1: Shape & Balance  Unit 2: Travel | Real PE – Unit 2 social skills, balance to agility & seated balance  Coaching  REAL Dance | Striking & Fielding - Cricket  Coaching: Real Gym -  Unit 3:Flight | Real PE – Unit 4 creative skills, coordination ball skills & counter  balance in pairs  Coaching -Dance | Real PE – Unit 5 physical skills, coordination with equipment,  & agility: reaction & response  Coaching - Invasion Games | Real PE – health & fitness, agility ball chasing & floor work  balancing  Coaching - Athletics |
| Y3 | Invasion Games: Rugby  Coaching - Real Gym: Travel & Rotation | Real PE Unit 2  Coaching - REAL Dance | Striking & Fielding - Cricket  Coaching: Real Gym | Real PE Unit 4  Coaching - Dance | Tennis  Coaching - Team Games | Team Games  Coaching - Athletics |
| Y4 | Invasion Games - Rugby  Coaching - REAL Gym: Balance & Rotation | Dance - Greeks  Coaching - Invasion Games | Striking & Fielding - Cricket  Coaching - REAL Gym: Flight & Travel | Dance - Romans  Coaching  Striking & Fielding | Tennis  Coaching - Real Gym | SWIMMING  Coaching - Athletics |
| Y5 | Swimming  Coaching - REAL Gym: Hand apparatus & low apparatus | Real PE 2  Coaching  REAL Dance | Striking & Fielding - Cricket  Coaching - REAL Gym: Partner work & large apparatus | Real PE 4  Coaching - Invasion Games | Real PE ‘Pok-A-Tok’  Coaching  REAL Gym | Team Games  Coaching  Athletics |
| Y6 | Dance/Gym – Capoeira  Oudoor/adventurous – Residential to PGL  Coaching - REAL Gym: Hand apparatus & low apparatus | Real PE 2  Coaching - REAL Gym: Partner work and large apparatus | Striking & Fielding - Cricket  Coaching - Dance - The Highway Man | Real PE 4  Coaching - Invasion Games | Real PE 5  Coaching  Team Games | Real PE 6  Oudoor/adventurous – Residential to Conway Centre  Coaching Athletics |

Personal, social, cognitive, physical, creative & Health & Fitness cogs of development.

Fundamental skills - Agility, balance, Coordination.