| Year Group | Autumn 1  | Autumn 2 | Spring 1 | Spring 2 | Summer 1  | Summer 2 |
| --- | --- | --- | --- | --- | --- | --- |
| YR | Real PE – Unit 1 personal skills, coordination & static balanceReal Gym - Shape: At Home | Real PE - Unit 2 social skills, balance to agility & seated balanceDance - REAL Dance Seasons - Autumn and Winter | Real PE – Unit 3 cognitive skills, dynamic balance & small base balanceReal Gym - Flight: Park Life | Real PE – Unit 4 creative skills, coordination ball skills & counterbalance in pairsReal Gym - Rotation: Toy Box | Real PE – Unit 5 physical skills, coordination with equipment,& agilityDance:REAL Dance Growth and Change- The Hungry Caterpillar | Real PE – health & fitness, agility ball chasing & floor workbalancingCoaching - Athletics and team games |
| Y1 | Real PE Unit 1 - personal skills, coordination & static balanceCoaching - REAL Gym: Park Life | Real PE Unit 2 - social skills, balance to agility & seated balanceCoaching- REAL Dance  | Real PE – Unit 3 cognitive skills, dynamic balance & small base balanceCoaching - Real Gym - Unit 1: Shape & BalanceUnit 2: Travel | Real PE - creative skills, coordination ball skills & counter balance in pairsCoaching - REAL Dance  | Real PE - physical skills, coordination with equipment, & agility: reaction & responseCoaching - Striking & Fielding  | Real PE - health & fitness, agility ball chasing & floor workbalancingCoaching - Athletics |
| Y2 | Real PE – Unit 1 personal skills, coordination & static balanceCoaching - REAL Gym: Unit 1: Shape & BalanceUnit 2: Travel | Real PE – Unit 2 social skills, balance to agility & seated balanceCoachingREAL Dance | Striking & Fielding - CricketCoaching: Real Gym - Unit 3:Flight | Real PE – Unit 4 creative skills, coordination ball skills & counterbalance in pairsCoaching -Dance  | Real PE – Unit 5 physical skills, coordination with equipment,& agility: reaction & responseCoaching - Invasion Games | Real PE – health & fitness, agility ball chasing & floor workbalancingCoaching - Athletics |
| Y3 | Invasion Games: RugbyCoaching - Real Gym: Travel & Rotation  | Real PE Unit 2Coaching - REAL Dance | Striking & Fielding - CricketCoaching: Real Gym | Real PE Unit 4Coaching - Dance | TennisCoaching - Team Games | Team GamesCoaching - Athletics |
| Y4 | Invasion Games - RugbyCoaching - REAL Gym: Balance & Rotation | Dance - GreeksCoaching - Invasion Games | Striking & Fielding - CricketCoaching - REAL Gym: Flight & Travel | Dance - RomansCoachingStriking & Fielding  | Tennis Coaching - Real Gym | SWIMMINGCoaching - Athletics |
| Y5  | Swimming Coaching - REAL Gym: Hand apparatus & low apparatus  | Real PE 2CoachingREAL Dance  | Striking & Fielding - CricketCoaching - REAL Gym: Partner work & large apparatus | Real PE 4Coaching - Invasion Games | Real PE ‘Pok-A-Tok’CoachingREAL Gym | Team GamesCoachingAthletics |
| Y6 | Dance/Gym – CapoeiraOudoor/adventurous – Residential to PGLCoaching - REAL Gym: Hand apparatus & low apparatus | Real PE 2Coaching - REAL Gym: Partner work and large apparatus | Striking & Fielding - CricketCoaching - Dance - The Highway Man | Real PE 4Coaching - Invasion Games | Real PE 5CoachingTeam Games | Real PE 6Oudoor/adventurous – Residential to Conway CentreCoaching Athletics |

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

Fundamental skills - Agility, balance, Coordination.