



Roots to Grow and
Wings to Fly

PE - Curriculum Overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Lesson 1	Games	Dance	Gymnastics	Racket Skills	Games	Athletics
	Lesson 2	Real PE: Unit 1 Coordination and Static Balance	Real PE: Unit 2 Dynamic Balance to Agility and Static Balance	Real PE: Unit 3 Dynamic Balance and Static Agility	Real PE: Unit 4 Coordination and Counter Balance	Real PE: Unit 5 Coordination and Agility	Real PE: Unit 6 Agility and Static Balance
KS1 – Year A	Lesson 1	Games	Dance	Gymnastics	Racket Skills	Games	Athletics
	Lesson 2	Real PE: Unit 1 Coordination and Static Balance	Real PE: Unit 2 Dynamic Balance to Agility and Static Balance	Real PE: Unit 3 Dynamic Balance and Static Agility	Real PE: Unit 4 Coordination and Counter Balance	Real PE: Unit 5 Coordination and Agility	Real PE: Unit 6 Agility and Static Balance
KS1 – Year B	Lesson 1	Games	Dance	Gymnastics	Games	Games	Athletics
	Lesson 2	Real PE: Unit 1 Coordination and Static Balance	Real PE: Unit 2 Dynamic Balance to Agility and Static Balance	Real PE: Unit 3 Dynamic Balance and Static Agility	Real PE: Unit 4 Coordination and Counter Balance	Real PE: Unit 5 Coordination and Agility	Real PE: Unit 6 Agility and Static Balance
KS2 - Year A	Lesson 1	Games	Dance	Gymnastics	Games	Games	Athletics
	Lesson 2	Real PE: Unit 1 Coordination and Static Balance	Real PE: Unit 2 Dynamic Balance to Agility and Static Balance	Real PE: Unit 3 Dynamic Balance and Static Agility	Real PE: Unit 5 Coordination and Agility	Real PE: Unit 4 Coordination and Counter Balance	Real PE: Unit 6 Agility and Static Balance
KS2 - Year B	Lesson 1	Games	Dance	Gymnastics	Games	Games	Athletics
	Lesson 2	Real PE: Unit 1 Coordination and Static Balance	Real PE: Unit 2 Dynamic Balance to Agility and Static Balance	Real PE: Unit 3 Dynamic Balance and Static Agility	Real PE: Unit 5 Coordination and Agility	Real PE: Unit 4 Coordination and Counter Balance	Real PE: Unit 6 Agility and Static Balance

*A block of eight swimming lessons will replace one of the 'Games' units in years 2, 3 and 4