



St Peter at Gowts CE Primary School

PE overview

'Unlocking potential in all, empowering a community of hope'

	Autumn Term		Spring Term		Summer Term	
<u>Nursery</u>	Please see the Physical Development strand of our EYFS curriculum - Physical Skills- Co-ordination skills in order to be able to ride a bike, climb trees, balance, jump and explore their space and to be able to use real tools to design and build their own creations.					
<u>Reception</u>	<u>Real PE – Personal</u> FMS: 10/1 Coordination; footwork/Static balance; one leg	<u>Real PE – Social</u> FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated	<u>Real PE – Cognitive</u> FMS: 5/4 Dynamic balance; on a line/Static balance; stance	<u>Real PE Creative</u> FMS: 9/7 Coordination; balls skills/Counter balance; with a partner	<u>Real PE Physical Real Gym Shape + Travel</u> FMS 8/12 Coordination; sending and receiving/Agility; reaction/response	<u>Real PE Health and Fitness</u> <u>Real Gym</u> <u>Flight + Rotation</u> FMS 11/3 Agility; ball chasing/Static balance; floor work
<u>Year 1</u>	PE 1: Real PE Personal PE 2: <u>Tag based movement games</u> FMS: 10/1 Coordination; footwork/Static balance; one leg	PE 1: Real PE Social PE 2: Dance – Arts NK FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated	PE 1: Real PE – Cognitive PE 2: <u>Real Dance</u> FMS: 5/4 Dynamic balance; on a line/Static balance; stance	PE 1: <u>Real PE Creative</u> PE: Cricket FMS: 9/7 Coordination; balls skills/Counter balance; with a partner	PE 1: <u>Real PE Physical</u> PE 2: <u>Mini-Tennis</u> FMS 8/12 Coordination; sending and receiving/Agility; reaction/response	PE 1: <u>Real PE Health and Fitness</u> PE 2: Athletics FMS 11/3 Agility; ball chasing/Static balance; floor work
<u>Year 2</u>	PE 1: Real PE Personal PE 2: <u>Tag based movement games</u> FMS: 10/1 Coordination; footwork/Static balance; one leg	PE 1: Real PE Social PE 2: Dance – Arts NK FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated	PE 1: <u>Real PE – Cognitive</u> PE 2: <u>Real Dance</u> FMS: 5/4 Dynamic balance; on a line/Static balance; stance	PE 1: <u>Real PE Creative</u> PE 2: Cricket FMS: 9/7 Coordination; balls skills/Counter balance; with a partner	PE 1: <u>Real PE Physical</u> PE 2: <u>Mini-Tennis</u> FMS 8/12 Coordination; sending and receiving/Agility; reaction/response	PE 1: <u>Real PE Health and Fitness</u> PE 2: Athletics FMS 11/3 Agility; ball chasing/Static balance; floor work
<u>Year 3</u>	PE 1: Real PE Personal PE 2: Evasion games (tag rugby) FMS: 10/1 Coordination; footwork/Static balance; one leg	PE 1: Real PE Social PE 2: Quickstick’s Hockey FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated	PE 1: <u>Real PE – Cognitive</u> PE 2: Real Dance FMS: 5/9 Dynamic balance; on a line/Cool down – coordination ball skills	PE 1: <u>Real PE Creative</u> PE 2: <u>Mini-tennis</u> FMS: 8/7 Coordination; sending and receiving /Counter balance; with a partner	PE 1: <u>Real PE Physical</u> PE 2: <u>Orienteering/cricket</u> FMS: 3/12 Static balance – floor work/Agility; reaction/response	PE 1: <u>Real PE Health and Fitness</u> PE 2: Cricket/Athletics FMS: 11/4 Skill – agility; ball chasing/Cool down – static balance: stance
<u>Year 4</u>	PE 1: Real PE Personal PE 2: Evasion games (tag rugby) FMS: 10/1 Coordination; footwork/Static balance; one leg	PE 1: Real PE Social PE 2: Quickstick’s Hockey FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated	PE 1: <u>Real PE – Cognitive</u> PE 2: Real Dance FMS: 5/9 Dynamic balance; on a line/Cool down – coordination ball skills	PE 1: <u>Real PE Creative</u> PE 2: Mini-Tennis FMS: 8/7 Coordination; sending and receiving /Counter balance; with a partner	PE 1: <u>Real PE Physical</u> PE 2: Orienteering/Cricket FMS: 3/12 Static balance – floor work/Agility; reaction/response	PE 1: <u>Real PE Health and Fitness</u> PE 2: Cricket/Athletics FMS: 11/4 Skill – agility; ball chasing/Cool down – static balance: stance
<u>Year 5</u>	PE 1: Real PE Personal PE 2: Pop lacrosse FMS: 9/12 Coordination; ball skills/Agility; reaction-response	PE 1: Real PE Social PE 2: Quickstick’s Hockey FMS: 2/3 Static balance; seated/Static balance; floor work	PE 1: <u>Mini-tennis</u> PE 2: REAL Dance (creative) FMS: 5/7 Dynamic balance; on a line/Counter balance; with a partner	PE 1: <u>Real PE Physical</u> PE 2: Boing – ABC (LCFC) FMS: 1/6	PE 1: <u>Real PE Cognitive</u> PE 2: Cricket FMS: 4/10 Static balance; stance/ coordination; footwork	PE 1: <u>Real PE Health and Fitness</u> PE 2: Cricket + Athletics FMS: 11/8 Agility; ball chasing/coordination; sending and receiving

				Static balance; one leg/ Dynamic balance to agility; jumping and landing		
<u>Year 6</u>	PE 1: Real PE Personal PE 2: Pop lacrosse FMS: 9/12 Coordination; ball skills/Agility; reaction-response	PE 1: Real PE Social PE 2: Quickstick's Hockey FMS: 2/3 Static balance; seated/Static balance; floor work	PE 1: <u>Mini-tennis</u> PE 2: Real Dance (creative) FMS: 5/7 Dynamic balance; on a line/Counter balance; with a partner	PE 1: <u>Real PE</u> <u>Physical</u> PE 2: Boing – ABC (LCFC) FMS: 1/6 Static balance; one leg/ Dynamic balance to agility; jumping and landing	PE 1: <u>Real PE</u> <u>Cognitive</u> PE 2: Cricket FMS: 4/10 Static balance; stance/ coordination; footwork	PE 1: <u>Real PE Health and Fitness</u> PE 2: Cricket + Athletics FMS: 11/8 Agility; ball chasing/coordination; sending and receiving
<u>Swimming</u>	Year 6	Year 5	Year 5 (suspended due to pool closure)	Year 4 (suspended due to pool closure)	Year 4	Year 6