

Year Group	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Indoor Real PE	Outdoor	Indoor Real PE	Outdoor	Indoor Real PE	Outdoor	Indoor Real PE	Outdoor	Indoor Real PE	Outdoor	Indoor Real PE	Outdoor
<b>R</b>	Coordination - Floor Movement Patterns (10)  Static Balance- One Leg Standing (1)	ABCs	Dynamic Balance to Agility (6)  Static Balance- Seated (2)	Catching & Throwing	Dynamic Balance (5)  Static Balance- Small Base (4)	Outdoor Adventure or Dance	Coordination- Ball Skills (9)  Counter Balance in Pairs (7)	Striking & Fielding	Coordination with Equipment (8)  Agility- Reaction and Response (12)	Team Games	Agility- Ball Chasing  Static Balance- Floor Work (3)	Athletics
<b>1</b>	Coordination - Floor Movement Patterns (10)  Static Balance- One Leg Standing (1)	ABCs	Dynamic Balance to Agility (6)  Static Balance- Seated (2)	Catching & Throwing	Dynamic Balance (5)  Static Balance- Small Base (4)	Striking & Fielding	Coordination- Ball Skills (9)  Counter Balance in Pairs (7)	Outdoor Adventure or Dance	Coordination with Equipment (8)  Agility- Reaction and Response (12)	Athletics	Agility- Ball Chasing  Static Balance- Floor Work (3)	Team Games

2	<p>Coordination - Floor Movement Patterns (10)</p> <p>Static Balance- One Leg Standing (1)</p>	ABCs	<p>Dynamic Balance to Agility (6)</p> <p>Static Balance- Seated (2)</p>	Catching & Throwing	<p>Dynamic Balance (5)</p> <p>Static Balance- Small Base (4)</p>	Outdoor Adventure/ Dance	<p>Coordination- Ball Skills (9)</p> <p>Counter Balance in Pairs (7)</p>	Striking & Fielding	<p>Coordination with Equipment (8)</p> <p>Agility- Reaction and Response (12)</p>	Team Games	<p>Agility- Ball Chasing</p> <p>Static Balance- Floor Work (3)</p>	Athletics
3	<p>Cardio-Coordination -Floor Movement Patterns (10)</p> <p>Cool Down- Static Balance</p> <p>One Leg Standing (1)</p>	Netball	<p>Cardio-Dynamic Balance to Agility (6)</p> <p>Cool Down- Static Balance- Seated (2)</p>	Basketball	<p>Cardio-Dynamic Balance (5)</p> <p>Cool-Coordination- Ball Skills (9)</p>	Dodgeball	Gymnastics	Hockey	Dance	Cricket	<p>Cardio-Agility- Reaction and Response (12)</p> <p>Cool Down- Static Balance- Floor Work (3)</p>	Athletics

4	Swimming		Swimming		Swimming		Swimming		Dance	Cricket/ Rounders'	Gymnastics	Athletics
	Gymnastics	Netball	Dance	Football	Static Balance- One Leg Standing (1)  Dynamic Balance to Agility (6)	Hockey	Dynamic Balance (5)  Counter Balance in Pairs (7)	Basketball	Static Balance- Small Base (4)  Coordination- Floor Movement Patterns (10)	Athletics	Agility- Ball Chasing (11)  Coordination with Equipment (8)	Cricket/ Rounders'
5	Swimming		Swimming		Swimming		Swimming		Dance	Cricket/ Rounders'	Gymnastics	Athletics
	Static Balance- One Leg Standing (1)  Dynamic Balance to Agility (6)	Tag Rugby	Dance	Hockey	Gymnastics	Football	Coordination- Ball Skills (9)  Agility- Reaction and Response (12)	Tennis	Static Balance- Small Base (4)  Coordination- Floor Movement Patterns (10)	Cricket/ Rounders'	Agility- Ball Chasing (11)  Coordination with Equipment (8)	Athletics
6	Swimming		Swimming		Swimming		Swimming		Dance	Cricket/ Rounders'	Gymnastics	Athletics
	Gymnastics	Netball	Dance	Football	Static Balance- One Leg Standing (1)  Dynamic Balance to Agility (6)	Hockey	Dynamic Balance (5)  Counter Balance in Pairs (7)	Basketball	Static Balance- Small Base (4)  Coordination- Floor Movement Patterns (10)	Athletics	Agility- Ball Chasing (11)  Coordination with Equipment (8)	Cricket/ Rounders'