

P.E Overview 2022/23

	Term Cog	Lesson	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term 1	1: Personal	1	Real PE (FUNS 10 & 1) Birthday Bike Surprise & Pirate Pranks	Real PE (FUNS 10 & 1) Birthday Bike Surprise & Pirate Pranks	Real PE (FUNS 10 & 1) Rock, Paper Scissors & Stuck in the Mud	Real PE (FUNS 10 & 1) Hi Baby & Race Walking Cross Country	Real PE (FUNS 10 & 1) Hi Baby & Race Walking Cross Country	Real PE (FUNS 8 & 11) Throlf & Scatterball Cross Country	Real PE (FUNS 8 & 11) Throlf & Scatterball Cross Country
		2	Real Gym U1 Lessons - 1,2,4,5 U2 Lessons – 1,2,4	Real Gym U1 Lessons - 1,2,4,5 U2 Lessons – 1,2,5	Real Gym U1 Lessons - 1,2,4,5 U2 Lessons – 1,2,5	Real Gym U1 Lessons - 1,2,4,6 U2 Lessons – 1,2,5	Real Gym U1 Lessons - 1,3,4,6 U2 Lessons – 1,2,5	Real Gym U1 Lessons - 1,2,4,5 U2 Lessons – 1,2,4	Real Gym U1 Lessons - 1,3,4,6 U2 Lessons – 1,3,5
Autumn Term 2	2: Social	1	Real PE (FUNS 6 & 2) Journey to Blue Planet & Monkey Business	Real PE (FUNS 6 & 2) Journey to Blue Planet & Monkey Business	Real PE (FUNS 6 & 2) Stepping Stones & Find & Select Shapes	Real PE (FUNS 6 & 2) Shape Up & Dice Frenzy Indoor Athletics	Real PE (FUNS 6 & 2) Shape Up & Dice Frenzy Indoor Athletics	Real PE (FUNS 5 & 7) River Crossing & Kabadi Indoor Athletics	Real PE (FUNS 5 & 7) River Crossing & Kabadi Indoor Athletics
		2	Real Dance	Real Dance	Real Dance	Real Dance	Real Dance	Real Dance	Real Dance
Spring Term 3	3: Cognitive	1	Real PE (FUNS 5 & 4) Tilly the Train & Thembi Walks the Tightrope	Real PE (FUNS 5 & 4) Tilly the Train & Thembi Walks the Tightrope	Real PE (FUNS 5 & 4) Race Walking & Line Out	Real PE (FUNS 5 & 9) All change & To Bank or Not to Bank	Real PE (FUNS 5 & 9) All change & To Bank or Not to Bank	Real PE (FUNS 9 & 12) Throw Tennis & Endball	Real PE (FUNS 9 & 12) Throw Tennis & Endball
		2	Fine & Gross Motor skills & Bikeability	Multi-skills	Multi-skills	Netball Handball	Swimming Netball (with Real PE)	Tag Rugby Netball	Tag Rugby Netball
Spring Term 4	4: Creative	1	Real PE (FUNS 9 & 7) Clowning Around & Water-Ski Challenge	Real PE (FUNS 9 & 7) Clowning Around & Water-Ski Challenge	Real PE (FUNS 9 & 7) Grand Prix & On the Mat	Real PE (FUNS 8 & 7) Like Clockwork & Team Juggling	Real PE (FUNS 8 & 7) Like Clockwork & Team Juggling	Real PE (FUNS 2 & 3) Seated Volleyball & Scorpion Handball	Real PE (FUNS 2 & 3) Seated Volleyball & Scorpion Handball
		2	Fine & Gross Motor skills & Bikeability	Multi-skills	Multi-skills	Netball Hockey (FUNS 8)	Swimming Tennis (with Real PE)	Basketball Tennis	Basketball Tennis
Summer Term 5	5: Physical	1	Real PE (FUNS 8 & 12) Learn to Juggle & Ringo to the Rescue	Real PE (FUNS 8 & 12) Learn to Juggle & Ringo to the Rescue	Real PE (FUNS 8 & 12) Ball Tricks & Ball Handling	Real PE (FUNS 12 & 3) Continuous Relay & Balloon Champs	Real PE (FUNS 12 & 3) Continuous Relay & Balloon Champs	Real PE (FUNS 6 & 1) Jumpball & Jump, Roll, Balance	Real PE (FUNS 6 & 1) Jumpball & Jump, Roll, Balance
		2	Fine & Gross Motor skills & Bikeability	Athletics	Athletics	TriGolf Athletics (FUNS 12)	TriGolf Athletics (FUNS 12)	Athletics Ultimate Frisbee	Athletics Ultimate Frisbee
Summer Term 6	6: Health & Fitness	1	Real PE (FUNS 11 & 3) Sammy's Rolling Nuts & Casper the Clever Cat	Real PE (FUNS 11 & 3) Sammy's Rolling Nuts & Casper the Clever Cat	Real PE (FUNS 11 & 3) Scramble Madness & The Hairy, Scary Woods	Real PE (FUNS 11 & 4) Inside Out & Rock, Paper Scissors	Real PE (FUNS 11 & 4) Inside Out & Rock, Paper Scissors	Real PE (FUNS 4 & 10) Beanbag Raid & Dodgeball	Real PE (FUNS 4 & 10) Beanbag Raid & Dodgeball
		2	Fine & Gross Motor skills & Bikeability	Sports Day Prep Parachute/team game Striking and Fielding	Sports Day Prep Parachute/team game Striking and Fielding	Orienteering Capture the Flag	Orienteering Capture the Flag	Cricket Rounders	Cricket Rounders

P.E Overview 2022/23

Key:

*FUNS = Fundamental Movement Skill Focus of the Lesson. These are **Agility**, **Balance** and **Coordination** skills (ABC's).*

1 = Static Balance: One Leg

2 = Static Balance: Seated

3 = Static Balance: Floor Work

4 = Static Balance: Stance

5 = Dynamic Balance: On a Line

6 = Dynamic Balance to Agility: Jumping & Landing

7 = Counter Balance: With a Partner

8 = Coordination: Sending & Receiving

9 = Coordination: Ball Skills

10 = Coordination: Footwork

11 = Agility: Ball Chasing

12 = Agility: Reaction / Response

Assessed:

Agility: 12 & 6

Balance: 3 & 1

Coordination: 10 & 8