

PE overview 2024-25

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Unit 1 (footwork and balance on one leg)	Unit 2 (jumping and landing and seated balance)	Unit 3 (balance on a line and ball skills)	Unit 4 (sending and receiving and counter balance)	Unit 5 (reaction and response and floor work)	Sports day practice Athletics
Year 1	Ball skills throwing and catching Unit 5 (reaction and response and floor work)	Real Gym Unit 1 (footwork and balance on one leg)	Unit 3 (balance on a line and ball skills) Problem solving	Travelling Real Dance	Unit 6 (sending and receiving and ball chasing) Ball skills (striking)	Sports day practice Athletics
Year 2	Ball skills throwing and catching Unit 4 (sending and receiving and counter balance)	Real Gym Unit 3 (balance on a line and ball skills)	Unit 2 (jumping and landing and seated balance) Problem solving	Travelling Real Dance	Unit 5 (reaction and response and floor work) Ball skills (striking)	Sports day practice Athletics
Year 3	Tag rugby Unit 2 (jumping and landing and seated balance)	Swimming Unit 1 (footwork and balance on one leg)	Real Gym Basketball	Unit 4 (sending and receiving and counter balance) Real Dance	Unit 6 (sending and receiving and ball chasing) Tennis	Sports day practice Problem solving (2 weeks) Orienteering (2 weeks) Kick rounders
Year 4	Football Unit 3 (balance on a line and ball skills)	Real Gym Unit 1 (footwork and balance on one leg)	Swimming Handball	Swimming Real Dance	Unit 5 (reaction and response and floor work) Netball	Sports day practice Problem solving (2 weeks) Orienteering (2 week) Sports day practice Rounders (with tennis rackets)
Year 5	Tag rugby Unit 5 (stance and footwork)	Real Gym Unit 2 (seated balance and floor work)	Unit 3 (balance on a line and counter balance) Tennis	Unit 6 (sending and receiving and ball chasing) Real Dance	Swimming Hockey	Swimming Problem solving (2 weeks) Orienteering (1 week)
Year 6	Swimming Unit 1 (ball skills and reaction and response)	Real Gym Unit 4 (jumping and landing and balance on one leg)	Unit 2 (seated balance and floor work) Badminton	Football Real Dance	Unit 6 (sending and receiving and ball chasing) Orienteering and Problem solving	Sports day practice Rounders

PE overview 2024-25