

Whole School PE Overview

	Autumn		Spring		Summer	
	Unit 1 - Personal	Unit 2 – Social	Unit 3 – Cognitive	Unit 4 – Creative	Unit 5 – Applying Physical	Unit 6 – Health and Fitness
Year R	<p>Bike Co-ordination: Footwork</p> <p>Pirates Static Balance: One leg</p>	<p>Space Dynamic Balance to Agility: Jumping and Landing</p> <p>Jungle Static Balance: Seated</p>	<p>Train Dynamic Balance: On a Line</p> <p>Circus – Tightrope Static Balance: Stance</p>	<p>Circus – Clowns Coordination: Ball Skills</p> <p>Seaside Counter Balance: With a Partner</p>	<p>Circus – Jugglers Coordination: Sending and Receiving</p> <p>Fairy Tale Agility: Reaction/Response</p>	<p>Squirrel Agility: Ball Chasing</p> <p>Cat Static Balance: Floor Work</p>
Year 1	<p>Bike Co-ordination: Footwork</p> <p>Pirates Static Balance: One leg</p>	<p>Space Dynamic Balance to Agility: Jumping and Landing</p> <p>Jungle Static Balance: Seated</p>	<p>Train Dynamic Balance: On a Line</p> <p>Circus – Tightrope Static Balance: Stance</p>	<p>Circus – Clowns Coordination: Ball Skills</p> <p>Seaside Counter Balance: With a Partner</p>	<p>Circus – Jugglers Coordination: Sending and Receiving</p> <p>Fairy Tale Agility: Reaction/Response</p>	<p>Squirrel Agility: Ball Chasing</p> <p>Cat Static Balance: Floor Work</p>
Year 2	<p>Coordination: Footwork</p> <p>Static Balance: One Leg</p>	<p>Dynamic Balance to Agility: Jumping and Landing</p>	<p>Dynamic Balance: On a Line</p> <p>Static Balance: Stance</p>	<p>Coordination: Ball Skills</p> <p>Counter Balance: With a Partner</p>	<p>Coordination: Sending and Receiving</p> <p>Agility: Reaction/Response</p>	<p>Agility: Ball Chasing</p> <p>Static Balance: Floor Work</p>

		Static Balance: Seated				
Year 3	Coordination: Footwork Static Balance: One Leg	Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	Dynamic Balance: On a Line Coordination: Ball Skills	Coordination: Sending and Receiving Counter Balance: With a Partner	Agility: Reaction/Response Static Balance: Floor Work	Agility: Ball Chasing Static Balance: Stance
Year 4	Coordination: Footwork Static Balance: One Leg	Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	Dynamic Balance: On a Line Coordination: Ball Skills	Coordination: Sending and Receiving Counter Balance: With a Partner	Agility: Reaction/Response Static Balance: Floor Work	Agility: Ball Chasing Static Balance: Stance
Year 5	Coordination: Ball Skills Agility: Reaction/Response	Dynamic Balance: On a Line Counter Balance: with a Partner	Static Balance: Stance Coordination: Footwork	Static Balance: Seated Static Balance: Floor Work	Dynamic Balance to Agility: Jumping and Landing Static Balance: One Leg	Coordination: Sending and Receiving Agility: Ball Chasing
Year 6	Coordination: Ball Skills Agility: Reaction/Response	Dynamic Balance: On a Line Counter Balance: with a Partner	Static Balance: Stance Coordination: Footwork	Static Balance: Seated Static Balance: Floor Work	Dynamic Balance to Agility: Jumping and Landing Static Balance: One Leg	Coordination: Sending and Receiving Agility: Ball Chasing

