



Children will be expected to complete daily running (mile a day) or another physical activity, such as 10-minute skipping or dance.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Session 1 Indoor	Real PE Foundation Unit 1 (Footwork and one leg balance)	Real PE Year 1 Unit 1 (Footwork and one leg balance)	Real PE Year 2 Unit 1 (Footwork and one leg balance)	Real PE Year 3 Unit 1 (Footwork and one leg balance)	Real PE Year 4 Unit 1 (Footwork and one leg balance)	Real PE Year 5 Unit 1 (ball skills and reaction/ response)	Real PE Year 6 Unit 1 (ball skills and reaction and response)
Autumn 1 Session 2 Outdoor	Real Gym Foundation Unit 1 (shape and travel)	Real Gym Year 1 Unit 1 (shape and travel)	Real Gym Year 2 Unit 1 (balance and travel)	Real Gym Year 3 Unit 1 (Rotation and travel)	Real Gym Year 4 Unit 1 (Rotation and balance)	Real Gym Year 5/6 Unit 1 (hand apparatus and low apparatus)	Swimming
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 2 Session 1 Indoor	Real PE Foundation Unit 2 (Jumping and landing and seated balance)	Real PE year 1 Unit 2 (Jumping and landing and seated balance)	Real PE year 2 Unit 2 (Jumping and landing and seated balance)	Real PE year 3 Unit 2 (Jumping and landing and seated balance)	Real PE year 4 Unit 2 (Jumping and landing and seated balance)	Real PE year 5 Unit 2 (dynamic and counter balance)	Real PE year 6 Unit 2 (dynamic and counter balance)
Autumn 2 Session 2 Outdoor	Forest school	Forest school	Forest school	Forest school	Forest school	Forest school	Swimming
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 1 Session 1 Indoor	Real PE foundation Unit 3 (Dynamic balance and stance)	Real PE year 1 Unit 3 (Dynamic balance and stance)	Real PE year 2 Unit 3 (Dynamic balance and stance)	Real PE year 3 Unit 3 (Dynamic balance and ball skills)	Real PE year 4 Unit 3 (Dynamic balance and ball skills)	Real PE year 5 unit 3 (Stance and footwork)	Real PE year 6 unit 3 (Stance and footwork)
Spring 1 Session 2 Outdoor	Real Dance Foundation	Real dance Year 1	Real dance Year 2	Real dance Year 3	Real dance Year 4	Swimming	Real dance Year 6
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 2 Session 1 Indoor	Real PE foundation Unit 4	Real PE year 1 Unit 4 (Ball skills)	Real PE year 2 Unit 4 (Ball skills)	Real PE year 3 Unit 4 (sending)	Real PE year 4 Unit 4 (sending)	Real PE year 5 Unit 4 (Seated)	Real PE year6 Unit 4 (Seated balance and floor work)



	(Ball skills and counter balance)	and counter balance)	and counter balance)	and receiving and counter balance)	and receiving and counter balance)	balance and floor work)	
Spring 2 Session 2 Outdoor	Forest school	Forest school	Forest school	Forest school	Forest school	Swimming	Forest school
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 1 Session 1 Indoor	Real PE foundation Unit 5 (sending and receiving and Reaction/ response)	Real PE year 1 Unit 5 (sending and receiving and Reaction/ response)	Real PE year 2 Unit 5 (sending and receiving)	Real PE year 3 Unit 5 (Reaction/ response and Floor work)	Real PE year 4 Unit 5 (Reaction/ response and Floor work)	Real PE year 5 Unit 5 (Jumping and landing and one leg balance)	Real PE year 6 Unit 5 (Jumping and landing and one leg balance)
Summer 1 Session 2 Outdoor	Real gym unit 2 (Flight and rotation)	Real gym unit 2 (Flight and rotation)	Real gym unit 2 (Flight and rotation)	Real gym unit 2 (flight and balance)	Swimming	Real gym unit 2 (partner work and large apparatus)	Real gym unit 2 (partner work and large apparatus)
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 2 Session 1 Indoor	Real PE foundation Unit 6 (Ball chasing and floor work)	Real PE year 1 Unit 6 (Ball chasing and floor work)	Real PE year Unit 6 (Ball chasing and floor work)	Real PE year 3 Unit 6 (Ball chasing and stance)	Real PE year 3 Unit 6 (Ball chasing and stance)	Real PE year 3 Unit 6 (sending and receiving and ball chasing)	Real PE year 3 Unit 6 (sending and receiving and ball chasing)
Summer 2 Session 2 Outdoor	Forest school	Forest school	Forest school	Forest school	Swimming	Forest school	Forest school

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