



Whitleigh Primary School
PE Curriculum Overview 2021-22

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Squiggle Whilst you Wiggle Fine and gross motor skills assessments Balanceability: WB 11/10/21	Real PE- Unit 1- Personal FMS: Coordination and Static Balance	Real Gym- Unit 1- Health and Fitness Gym skill: Shape and Travel	Real Dance- Unit 1- Creative	Real PE- Unit 2- Social FMS: Dynamic Balance to Agility and Static Balance	Real PE- Unit 3- Cognitive FMS: Dynamic Balance and Static Balance
Foundation	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes
Year 1	Real PE- Unit 1- Personal FMS: Coordination and Static Balance	Real Gym- Unit 1- Health and Fitness Gym skill: Shape and Travel	Real Dance- Unit 1- Social	Real Gym- Unit 2- Physical Gym skill: Flight and Rotation	Real PE- Unit 3- Cognitive FMS: Dynamic Balance and Static Balance	Real PE- Unit 4- Creative FMS: Coordination and Counter Balance
Year 1	Striking and Fielding- Cricket FMS: Balance and Coordination	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes
Year 2	Real PE- Unit 1- Personal FMS: Coordination and Static Balance	Real Gym- Unit 1- Personal Gym skill: Balance and Travel	Real Dance- Unit 1- Creative	Real Gym- Unit 2- Social Gym skill: Flight and Rotation	Real PE- Unit 5- Physical FMS: Coordination and Agility	Real PE- Unit 6- Health and Fitness FMS: Agility and Static Balance
Year 2	Striking and Fielding- Cricket FMS: Balance and Coordination	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes	Fundamental movement skills focus x3 weekly for 20 minutes
Year 3	Balanceability: WB 11/10/21 Real PE- Unit 1- Personal FMS: Coordination and Static Balance	Real PE- Unit 2- Social FMS: Dynamic Balance to Agility and Static Balance	Real PE- Unit 3- Cognitive FMS: Dynamic Balance and Coordination	Real PE- Unit 4- Health and fitness FMS: Coordination and Counter Balance	Real PE- Unit 5- Physical FMS: Agility (reaction and response) and static balance	Real PE- Unit 6- Social FMS: Agility (ball chasing) and stance
Year 3	Real Gym- Unit 1- Physical Gym skill: Travel and Rotation	Real Dance- Unit 1- Creative	Real Gym- Unit 2- Personal Gym skill: Flight and Balance	Striking and Fielding- Cricket FMS: Balance and Coordination	Tag Rugby- FMS: Agility, Balance and Coordination	Athletics/Sports day preparation FMS: Agility, Balance and Coordination

Year 4	Real PE- Unit 1- Personal FMS: Coordination and Static Balance	Real PE- Unit 2- Social FMS: Dynamic Balance to Agility and Static Balance	Real PE- Unit 3- Cognitive FMS: Dynamic Balance and Coordination	Real PE- Unit 4- Creative FMS: Coordination and Counter Balance	Real PE- Unit 5- Physical FMS: Agility and Static Balance	Real PE- Unit 6- Health and Fitness FMS: Agility and Static Balance
Year 4	Real Gym- Unit 1- Health and Fitness Gym Skill: Balance and Rotation	Real Dance- Unit 1- Personal	Real Gym - Unit 2- Social Gym skill: Flight and Travel	Striking and Fielding- Cricket FMS: Balance and Coordination	Tag Rugby- FMS: Agility, Balance and Coordination	Athletics/Sports day preparation FMS: Agility, Balance and Coordination
Year 5	Real PE- Unit 1- Cognitive FMS: Coordination and Agility	Real PE- Unit 2- Creative FMS: Static Balance	Real PE- Unit 3- Social FMS: Dynamic Balance and Counter Balance	Real PE- Unit 4- Physical FMS: Dynamic Balance to Agility and Static Balance	Balanceability: WB 25/04/22 Real Real PE- Unit 5- Health and Fitness FMS: Static Balance and Coordination	Real PE- Unit 6- Personal FMS: Coordination and Agility
Year 5	Real Gym - Unit 1- Personal Gym skill: Hand Apparatus and Low Apparatus	Real Dance- Unit 1- Health and Fitness	Real Gym- Unit 2- Social Gym skill: Partner Work and Large Apparatus	Striking and Fielding- Cricket FMS: Balance and Coordination	Tag Rugby- FMS: Agility, Balance and Coordination	Athletics/Sports day preparation FMS: Agility, Balance and Coordination
Year 6	Swimming 06/08/21 x3 weeks	Real PE- Unit 2- Creative FMS: Static Balance	Real PE- Unit 3- Social FMS: Dynamic Balance and Counter Balance	Real PE- Unit 4- Physical FMS: Dynamic Balance to Agility and Static Balance	Real PE- Unit 5- Health and Fitness FMS: Static Balance and Coordination	Athletics/Sports day preparation FMS: Agility, Balance and Coordination
Year 6	Real PE- Unit 1- Cognitive FMS: Coordination and Agility	Dance unit- Egyptian Dance- Delivered by Gemma Smith	Real Gym- Unit 2- Social Gym skill: Partner Work and Large Apparatus	Striking and Fielding- Cricket FMS: Balance and Coordination	Tag Rugby- FMS: Agility, Balance and Coordination	OOA- Orienteering and team building activities

❖ Units of learning may be taught at different stages across the terms due to spacing

Each class has a scheme of work from Create Development: Real PE, Real Gym and Real Dance. These units of learning are designed to take each year group through a series of lessons focused around fundamental movement skills and are differentiated for ability. The foundations of the scheme are based on Fundamental Movement Skills (FMS) – agility, balance and coordination and focuses on inclusive competition. These are the building blocks which underpin the ability to play and be involved in many different sports and activities.

Real Dance units are also a part of the PE coverage for each year group and these units of learning provide the children the ability to explore movement, functional skills, fosters creativity and enables the children to understand the fundamentals of dance.

Throughout the year, outside agencies will support teacher delivery of PE lessons to provide CPD for class teachers.