

P.E Overview 2026/7

	Term Cog	Lesson	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term 1	1: Personal	1	Real PE Theme – FUNdamental Skill Bike Surprise - Footwork Pirates - One Leg Balance	Real PE Theme – FUNdamental Bike Surprise - Footwork Pirates - One Leg Balance	Real PE FUNdamental Skill Focus Footwork One Leg Balance	Real PE FUNdamental Skill & PB's Footwork One Leg Balance *Cross Country	Real PE FUNdamental Skill & PB's Footwork One Leg Balance *Cross Country	Real PE EndBall & 4 Square Ball Skills & Reaction *Cross Country	Real PE Tag Netball & Throw Tennis Ball Skills & Reaction *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 Theme – FUNdamental Skill Space - Jumping&Landing Jungle - Seated Balance	Real PE Theme – FUNdamental Space - Jumping&Landing Jungle - Seated Balance	Real PE FUNdamental Skill Focus Jumping & Landing Seated Balance	Real PE FUNdamental Skill & PB's Jumping & Landing Seated Balance *Indoor Athletics	Real PE FUNdamental Skill & PB's Jumping & Landing Seated Balance *Indoor Athletics	Real PE Treasure Steal & Tails Balance on a Line & Counter Balance *Indoor Athletics	Real PE River Crossing & Kabadi Balance on a Line & Counter Balance *Indoor Athletics
		2	Real Dance / Nativity	Real Dance	Real Dance	Real Dance	Real Dance	Real Dance	Netball Tag Rugby
Spring Term 3	3: Cognitive	1	Real PE Theme – FUNdamental Skill Train - Balance on a Line Tightrope - Stance Balance	Real PE Theme – FUNdamental Train - Balance on a Line Tightrope - StanceBalance	Real PE FUNdamental Skill Focus Balance on a Line Stance Balance	Real PE FUNdamental Skill & PB's Balance on a Line Ball Skills	Real PE FUNdamental Skill & PB's Balance on a Line Ball Skills	Real PE Beanbag Raid & Tag Ball Stance Balance Footwork	Real PE Dodgeball & Capture Ball StanceBalance/Benchball Footwork
		2	Fine & Gross Motor skills & Bikeability	Multi-skills	Multi-skills	Netball Football	Swimming Netball / Football (with Real PE)	Netball Tag Rugby	Real Dance
Spring Term 4	4: Creative	1	Real PE Theme – FUNdamental Skill Circus Clowns - Ball Skills Seaside - Counter Balance	Real PE Theme – FUNdamental Circus Clowns - Ball Skills Seaside - CounterBalance	Real PE FUNdamental Skill Focus Ball Skills Counter Balance	Real PE FUNdamental Skill & PB's Send & Receive Counter Balance	Real PE FUNdamental Skill & PB's Send & Receive Counter Balance	Real PE Scorpion HandBall & Seated 4 Square Seated Balance & Static Floor Balance	Real PE Seated Volleyball & Floor Climbing Seated Balance & Static Floor Balance
		2	Fine & Gross Motor skills & Bikeability	Multi-skills	Multi-skills	Basketball Tennis	Swimming Basketball / Tennis (with Real PE)	Basketball Tennis	Basketball Tennis
Summer Term 5	5: Physical	1	Real PE Theme – FUNdamental Skill Jugglers - Send & Receive Fairy Tale - Reaction	Real PE Theme – FUNdamental Jugglers - Send & Receive Fairy Tale - Reaction	Real PE FUNdamental Skill Focus Send & Receive Reaction	Real PE FUNdamental Skill & PB's Reaction Static Floor Balance	Real PE FUNdamental Skill & PB's Reaction Static Floor Balance	Real PE 5 Jump Combinations & Jump Rotate, Balance Jumping & Landing & One leg Balance	Real PE Jumpball & Rhythmic Sequences Jumping & Landing & One leg Balance
		2	Fine & Gross Motor skills & Bikeability	Athletics	Athletics	TriGolf Athletics	TriGolf Athletics	Athletics Ultimate Frisbee	Athletics Ultimate Frisbee
Summer Term 6	6: Health & Fitness	1	Real PE Theme – FUNdamental Skill Squirrel – Ball Chasing Cat – Static Floor Balance	Real PE Theme – FUNdamental Squirrel – Ball Chasing Cat – Static Floor Balance	Real PE FUNdamental Skill Focus Ball Chasing Static Floor Balance	Real PE FUNdamental Skill & PB's Ball Chasing Stance Balance	Real PE FUNdamental Skill & PB's Ball Chasing Stance Balance	Real PE Scatterball & Bank It Send & Receive Ball Chasing	Real PE Throff & Strike Ball Send & Receive Ball Chasing
		2	Sports Day Prep Fine & Gross Motor skills & Bikeability	Sports Day Prep Parachute/team game Striking and Fielding	Sports Day Prep Parachute/team game Striking and Fielding	Cricket Ultimate Frisbee Orienteering	Cricket Ultimate Frisbee Orienteering	Cricket Rounders	Cricket Rounders

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

Teacher to teach