

PE Overview 2022-23



EYFS and KS1

PE is taught using Real PE which is a holistic approach to PE, developing the mind as well as the body. Dance and Gymnastic are taught as separate Real PE units.

KS2

PE is taught using Real PE which is a holistic approach to PE, developing the mind as well as the body. Real PE is the focus of one of the lessons per week. Dance and Gymnastic are taught as separate Real PE units.

Children further develop their Real PE skills through units on:

Football, Netball, Basketball, Tag Rugby, Outdoor Adventurous Activities, Athletics, Tennis and Rounders.

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Real PE 1	Real PE 2	Real PE 3	Real PE 4	Real PE 5	Real PE 6
Year 1	Gymnastics	Gymnastics	Dance	Dance	OAA	Athletics
Year 1	Real PE 1	Real PE 2	Real PE 3	Real PE 4	Real PE 5	Real PE 6
Year 2	Gymnastics	Gymnastics	Dance	Dance	Athletics	OAA
Year 2	Real PE 1	Real PE 2	Real PE 3	Real PE 4	Real PE 5	Real PE 6
Year 3	Football	Dance	Gymnastics	Swimming	Swimming	Swimming
Year 3	Real PE 1	Real PE 2	Real PE 3	Real PE 4	Real PE 5	Real PE 6
Year 4	Netball	Gymnastics	Dance	OAA	Athletics	Tennis
Year 4	Real PE 1	Real PE 2	Real PE 3	Real PE 4	Real PE 5	Real PE 6
Year 5	Swimming	Swimming	Swimming	Basketball	Athletics	Rounders
Year 5	Real PE 1	Real PE 2	Real PE 3	Real PE 4	Real PE 5	Real PE 6
Year 6	Tag Rugby	Gymnastics	Dance	OAA	Athletics	Cricket
Year 6	Real PE 1	Real PE 3	Real PE 4	Real PE 2	Real PE 5	Real PE 6