

Bolton Brow Primary Academy Yearly Physical Education Overview



Personal Cog, Social Cog, Cognitive Cog, Creative Cog, Physical Cog, Health & Fitness Cog.

	Autumn 1 Real PE	Autumn 2 Real Gym 1	Spring 1 Real Gym 2	Spring 2 Real PE	Summer 1 R to Y4 = Real PE Y5/6 = Real Dance	Summer 2 R to Y4 - Real Dance Y5/6 = Competitive team games (Bolton Brow Games Whole School)
Reception	<u>Real PE</u> Coordination: Footwork Static Balance: One Leg	<u>Real Gym 1</u> Shape & Travel <u>Real PE Skill</u> Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	<u>Real Gym 2</u> Flight and Rotation <u>Real PE Skill</u> Dynamic Balance: On a Line Static Balance: Stance	<u>Real PE</u> Coordination: Ball Skills Counter Balance: With a Partner	<u>Real PE</u> Coordination: Sending and Receiving Agility: Reaction/Response	<u>Real Dance</u> Artistry, Partnering, Circles, Shapes <u>Real PE Skill</u> Agility: Ball Chasing Static Balance: Floor Work
Year 1	<u>Real PE</u> Coordination: Footwork Static Balance: One Leg	<u>Real Gym 1</u> Shape & Travel <u>Real PE Skill</u> Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	<u>Real Gym 2</u> Flight & Rotation <u>Real PE Skill</u> Dynamic Balance: On a line Static Balance: Stance	<u>Real PE</u> Coordination: Ball Skills Counter Balance: With a Partner <u>Teenie tennis</u>	<u>Real PE</u> Coordination: Sending and Receiving Agility: Reaction/Response	<u>Real Dance</u> Artistry, Partnering, Circles, Shapes <u>Real PE Skill</u> Agility: Ball Chasing Static Balance: Floor Work <u>Forest School</u>
Year 2	<u>Real PE</u> Coordination: Footwork Static Balance: One Leg <u>Teenie Tennis</u>	<u>Real Gym 1</u> Balance & Travel <u>Real PE Skill</u> Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	<u>Teenie Tennis</u> <u>Real Gym 2</u> Flight & Rotation <u>Real PE</u> Dynamic Balance: On a Line Static Balance: Stance	<u>Real PE</u> Coordination: Ball Skills Counter Balance: With a Partner	<u>Real PE Skill</u> Coordination: Sending and Receiving Agility: Reaction/Response	<u>Real Dance</u> Artistry, Partnering, Circles, Shapes <u>Real PE Skill</u> Agility: Ball Chasing Static Balance: Floor Work
Year 3	<u>Forest School</u> <u>Real PE</u> Coordination: Footwork Static Balance: One Leg	<u>Teenie Tennis</u> <u>Real Gym 1</u> Travel & Rotation <u>Real PE Skill</u> Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	<u>Real Gym 2</u> Flight & Balance <u>Real PE Skill</u> Dynamic Balance: On a Line Coordination: Ball Skills	<u>Real PE</u> Coordination: Sending and Receiving Counter Balance: With a Partner <u>Forest School</u>	<u>Real PE Skill</u> Agility: Reaction/Response Static Balance: Floor Work	<u>Real Dance</u> Artistry, Partnering, Circles, Shapes <u>Real PE</u> Agility: Ball Chasing Static Balance: Stance

Year 4	<u>Real PE</u> Coordination: Footwork Static Balance: One Leg	<u>Real Gym 1</u> Balance & Rotation <u>Real PE Skill</u> Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	<u>Real Gym 2</u> Flight & Travel <u>Real PE Skill</u> Dynamic Balance: On a Line Coordination: Ball Skills	<u>Real PE</u> Coordination: Sending and Receiving Counter Balance: With a Partner	<u>Real PE</u> Agility: Reaction/Response Static Balance: Floor Work <u>Residential</u> <u>Forest School</u>	<u>Real Dance</u> Artistry, Partnering, Circles, Shapes <u>Real PE</u> Agility: Ball Chasing Static Balance: Stance
Year 5	<u>Real PE</u> Coordination: Ball Skills Agility: Reaction / Response	<u>Real Gym 1</u> Hand apparatus & Low apparatus <u>Real PE Skill</u> Static Balance: Seated Static Balance: Floor Work <u>Forest School</u>	<u>Real Gym 2</u> Partner work & Large Apparatus <u>Real PE Skill</u> Dynamic Balance: On a Line Counter Balance: With a Partner <u>Swimming</u>	<u>Real PE Skill</u> Static Balance: One Leg Dynamic Balance to Agility: Jumping and Landing <u>Swimming</u>	<u>Real Dance</u> <u>Real PE Skill</u> Static Balance: Stance Coordination: Footwork	<u>Real PE</u> Agility: Ball Chasing Coordination: Sending and Receiving <u>Competitive Team Games - Cricket / Rounders (Striking & Fielding)</u>
Year 6	<u>Real PE Skill</u> Coordination: Ball Skills Agility: Reaction / Response <u>Swimming</u> <u>Residential</u>	Real Gym 1 Hand apparatus & Low apparatus Real PE Skill Static Balance: Seated Static Balance: Floor Work <u>Swimming</u>	<u>Swimming</u> <u>Real Gym 2</u> <u>Partner work & Large Apparatus</u> <u>Real PE Skill</u> Dynamic Balance: On a Line Counter Balance: With a Partner <u>Forest School</u>	<u>Real PE</u> Static Balance: One Leg Dynamic Balance to Agility: Jumping and Landing	Real Dance Artistry, Partnering, Circles, Shapes Real PE Skill Static Balance: Stance Coordination: Footwork <u>Orienteering</u>	<u>Real PE</u> Agility: Ball Chasing Coordination: Sending and Receiving <u>Competitive Team Games - Cricket / Rounders (Striking & Fielding)</u>

--- = Teachers will be working with specialist for CPD for Real PE / Real Dance / Real Gym

--- = Teachers will be working with specialist for CPD for active wellbeing.

National Curriculum Links

KS1

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities – **Real PE, Real Gym**
- Participate in team games, developing simple tactics for attacking and defending - **Teenie Tennis, Bolton Brow Games**
- Perform dances using simple movement patterns – **Project themed dance / Real Dance**

KS2

- Use running, jumping, throwing and catching in isolation and in combination – **Real PE**
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – **Competitive Team Games, Bolton Brow Games**
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – **Real Gym**
- Perform dances using a range of movement patterns - **Project themed dance / Real Dance**
- Take part in outdoor and adventurous activity challenges both individually and within a team - **Orienteering, Residential**
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best – **ALL**