



Physical Education Teaching Sequence

Based on Real PE.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Personal (Unit 1) Co-ordination: footwork (FUNS 10) Static balance: one leg (FUNS 1) Games <ul style="list-style-type: none"> Ball Skills Aiming/Catching/Throwing 	Social (Unit 2) Dynamic balance to agility: jumping and landing (FUNS 6) Static balance: seated (FUNS 2) Real Gym 'Personal' learning behaviour <ul style="list-style-type: none"> Shape and travel 	Cognitive (Unit 3) Dynamic balance: on a line (FUNS 5) Static balance: stance (FUNS 4) Real Dance 'Cognitive' learning behaviour	Creative (Unit 4) Co-ordination: ball skills (FUNS 9) Counter balance: with a partner (FUNS 7) Games <ul style="list-style-type: none"> Striking and fielding Partner work 	Fitness (Unit 6) Agility: ball chasing (FUNS 11) Static balance: floor work (FUNS 3) Real Gym (3 lessons) Flight ('Fitness' learning behaviour) Athletics (3 lessons) <ul style="list-style-type: none"> Sprinting/stamina Throw – target, distance Jump- high (patterns)/long 	Physical (Unit 5) Co-ordination: sending and receiving (FUNS 8) Agility: reaction /response (FUNS 12) Athletics <ul style="list-style-type: none"> Sprinting/stamina Throw – target, distance Jump- high (patterns)/long
Year 2	Personal (Unit 1) Co-ordination: footwork (FUNS 10) Static balance: one leg (FUNS 1) Real Dance 'Creative' learning behaviour	Social (Unit 2) Dynamic balance to agility: jumping and landing (FUNS 6) Static balance: seated (FUNS 2) Real Gym 'Physical' learning behaviour <ul style="list-style-type: none"> Flight and rotation 	Cognitive (Unit 3) Dynamic balance: on a line (FUNS 5) Static balance: stance (FUNS 4) Real Gym 'Personal' learning behaviour <ul style="list-style-type: none"> Shape and travel 	Creative (Unit 4) Co-ordination: ball skills (FUNS 9) Counter balance: with a partner (FUNS 7) Invasion Games <ul style="list-style-type: none"> Games Improve and apply basic skills 	Fitness (Unit 6) Agility: ball chasing (FUNS 11) Static balance: floor work (FUNS 3) Games <ul style="list-style-type: none"> Use skills, strategies and tactics to outwit opponents 	Physical (Unit 5) Co-ordination: sending and receiving (FUNS 8) Agility: reaction /response (FUNS 12) Athletics <ul style="list-style-type: none"> Sprinting/stamina Throw – target, distance Jump- high (patterns)/long Cheer leading festival
Year 3	Personal (Unit 1) Co-ordination: footwork (FUNS 10) Static balance: one leg (FUNS 1) Invasion Games <ul style="list-style-type: none"> Throwing/catching. Different types of passes Games with skills application e.g. quarters 	Physical (Unit 5) Agility: reaction/response (FUNS 12) Static balance: floor work (FUNS 3) Real Gym 'Social' learning behaviour <ul style="list-style-type: none"> Travel and rotation 	Fitness (Unit 6) Agility: ball chasing (FUNS 11) Static balance: stance (FUNS 4) Real Dance 'Personal' learning behaviour	Cognitive (Unit 3) Dynamic balance: on a line (FUNS 5) Co-ordination: ball skills (FUNS 9) Striking and Fielding games <ul style="list-style-type: none"> Rounders and kick rounders Developing fielding skills and introduction to bat/ball games 	Creative (Unit 4) Co-ordination: sending and receiving (FUNS 8) Counter balance: with a partner (FUNS 7) Games <ul style="list-style-type: none"> Tri-Golf Tri-Golf festival	Social (Unit 2) Dynamic balance to agility: jumping and landing (FUNS 6) Static balance: seated (FUNS 2) Athletics <ul style="list-style-type: none"> Running Jumping Throwing



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Year 4	Personal (Unit 1) Co-ordination: footwork (FUNS 10) Static balance: one leg (FUNS 1) Outdoor and Adventurous Activity (OAA) <ul style="list-style-type: none"> Orienteering 	Social (Unit 2) Dynamic balance to agility: jumping and landing (FUNS 6) Static balance: seated (FUNS 2) Real Gym 'Creative' learning behaviour <ul style="list-style-type: none"> Flight and travel 	Physical (Unit 5) Agility: reaction/response (FUNS 12) Static balance: floor work (FUNS 3) Real Dance 'Physical' learning behaviour	Creative (Unit 4) Co-ordination: sending and receiving (FUNS 8) Counter balance: with a partner (FUNS 7) Invasion Games <ul style="list-style-type: none"> Netball 	Cognitive (Unit 3) Dynamic balance: on a line (FUNS 5) Co-ordination: ball skills (FUNS 9) Games <ul style="list-style-type: none"> Chance2Shine Cricket Cricket Festival	Fitness (Unit 6) Agility: ball chasing (FUNS 11) Static balance: stance (FUNS 4) Games <ul style="list-style-type: none"> Cricket Athletics <ul style="list-style-type: none"> Running, throwing and catching
Year 5	Social (Unit 2) Dynamic balance: on a line (FUNS 5) Counter balance: with a partner (FUNS 7) Swimming <ul style="list-style-type: none"> Swim competently for at least 25 m. Use a range of strokes effectively. Perform safe self-rescue in water 	Real Dance 'Cognitive' learning behaviour Swimming	Real Gym Hand and low apparatus Swimming	Creative (Unit 4) Static balance: seated (FUNS 2) Static balance: floor work (FUNS 3) Swimming	Swimming Games <ul style="list-style-type: none"> Chance2Shine Cricket Cricket Festival	Fitness (Unit 6) Co-ordination: sending and receiving (FUNS 8) Agility: ball chasing (FUNS 11) Athletics <ul style="list-style-type: none"> Running Jumping Throwing Borough Sports MAC Athletics
Year 6	Social (Unit 2) Dynamic balance: on a line (FUNS 5) Counter balance: with a partner (FUNS 7) Outdoor and Adventurous Activity (OAA) <ul style="list-style-type: none"> Orienteering 	Personal (Unit 1) Co-ordination: ball skills (FUNS 9) Agility: reaction/response (FUNS 12) Invasion Games <ul style="list-style-type: none"> Control and aiming: football and hockey 	Cognitive (Unit 3) Static balance: stance (FUNS 4) Co-ordination: footwork (FUNS 10) Real Gym 'Fitness' learning behaviour <ul style="list-style-type: none"> Low apparatus and partner work 	Physical (Unit 5) Dynamic balance to agility: jumping and landing (FUNS 6) Static balance: one leg (FUNS 1) Real Dance 'Creative' learning behaviour	Real Gym (3 lessons) Partner Work Athletics (3 lessons) <ul style="list-style-type: none"> Running Jumping Throwing Striking and Fielding games <ul style="list-style-type: none"> Fielding development Striking Application through games of rounders and cricket 	Fitness (Unit 6) Co-ordination: sending and receiving (FUNS 8) Agility: ball chasing (FUNS 11) Athletics <ul style="list-style-type: none"> Running Jumping Throwing Borough Sports MAC Athletics OAA – JCA