

St. Paul's PE CURRICULUM MAP

All year groups are now following the Real PE scheme for indoor PE. Outdoor PE should be an application of the skill learnt from the REAL PE lesson.

YEAR	LOCATION	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	INDOOR OUTDOOR	REAL PE - Personal Coordination and balance	REAL PE - Social Balance to agility Static balance	REAL PE - Cognitive Dynamic balance Static balance	REAL PE - Creative Coordination – ball skills Balance with a partner	REAL PE - Physical Coordination – sending and receiving Agility – reaction/response	REAL PE - Fitness Agility – ball chasing Static balance – floor work
R	INDOOR (Half a term of Rugby Tots) OUTDOOR	REAL PE - Personal Coordination and balance Rugby Tots Swimming	REAL PE - Social Balance to agility Static balance Swimming Fundamentals – finding different ways to move around a space	REAL PE -Cognitive Dynamic balance Static balance Swimming Gross motor skills – jumping, balancing and climbing.	REAL PE - Creative Coordination – ball skills Balance with a partner Swimming Gross motor skills – jumping, balancing and climbing.	REAL PE - Physical Coordination – sending and receiving Agility – reaction/response Swimming Athletics – Team races	REAL PE - Fitness Agility – ball chasing Static balance – floor work Swimming Athletics – Team races
1	INDOOR OUTDOOR	REAL PE - Personal Coordination – footwork Static balance – one leg Fundamentals – agility, balance and coordination	REAL PE - Social Dynamic balance to agility – jumping and landing Static balance – seated	REAL PE - Cognitive Dynamic balance – one a line Static balance – stance	REAL PE - Creative Coordination – ball skills Counterbalance – with a partner	REAL PE - Physical Coordination – sending and receiving Agility – Reaction/response	REAL PE - Fitness Agility – ball chasing Static balance – floor work Athletics – track and field events
2	INDOOR OUTDOOR	REAL PE - Personal Coordination – footwork Static balance – one leg	REAL PE - Social Dynamic balance to agility – jumping and landing Static balance – seated	REAL PE - Cognitive Dynamic balance – one a line Static balance – stance	REAL PE - Creative Coordination – ball skills Counterbalance – with a partner	REAL PE - Physical Coordination – sending and receiving Agility – Reaction/response	REAL PE - Fitness Agility – ball chasing Static balance – floor work

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		REAL Gym			REAL Gym	Athletics – throwing and jumping	REAL Dance
3	INDOOR (Swimming for one term) OUTDOOR	REAL PE - Personal - Pine Coordination – footwork Static balance – one leg Swimming - Beech HIIT	REAL Dance - Cognitive - Pine Swimming - Beech Mini basketball	REAL Gym - Social - Pine Swimming - Beech Football	REAL PE - Personal - Beech Coordination – footwork Static balance – one leg Swimming - Pine Tag Rugby	REAL Dance - Cognitive - Beech Swimming – Pine Rounders	REAL Gym - Social – Beech Swimming Athletics – Pine
4	INDOOR OUTDOOR	REAL PE - Personal Coordination – footwork Static balance – one leg Ultimate Frisbee	REAL PE - Social Dynamic balance to agility – jumping and landing Static balance – seated Hockey	REAL PE - Cognitive Dynamic balance – on a line Coordination – ball skills REAL Gym	REAL PE - Creative Coordination – sending and receiving Counterbalance – with a partner Cricket	REAL PE - Physical Agility – Reaction/response Static balance – floor work Athletics	REAL PE -Fitness Agility – ball chasing Static balance – stance REAL Dance
5	INDOOR OUTDOOR	REAL PE - Cognitive Coordination – ball skills Agility – Reaction/response Netball	REAL PE - Creative Static balance – seated Static balance – floor work Basketball	REAL PE - Social Dynamic balance – on a line Counterbalance – with a partner REAL Dance	REAL PE - Physical Static balance – one leg Dynamic balance to agility – jumping and landing REAL Gym	REAL PE - Fitness Static balance – footwork Coordination – footwork Hockey	REAL PE - Personal Agility – ball chasing Coordination – sending and receiving Football and Athletics
6	INDOOR OUTDOOR	REAL PE - Cognitive Coordination – ball skills Agility – Reaction/response	REAL PE - Creative Static balance – seated Static balance – floor work	REAL GYM - Social Partner work Large Aperatus	REAL DANCE -Physical Shapes, Circles, Abstraction, Musicality, Partnering and Making	REAL PE - Fitness Static balance – footwork Coordination – footwork	REAL PE - Personal Agility – ball chasing Coordination – sending and receiving

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