



Staniland Academy PE Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Unit 1 (footwork and balance on one leg)	Unit 2 (jumping and landing and seated balance)	Unit 3 (balance on a line and ball skills)	Unit 4 (sending and receiving and counter balance)	Unit 5 (reaction and response and floor work)	Unit 6 (ball chasing and balance stance)
Year 1	Unit 4 (sending and receiving and counter balance) Ball skills (throwing and catching)	Unit 2 (jumping and landing and seated balance) Real Gym	Unit 3 (balance on a line and ball skills) Problem Solving	Unit 1 (footwork and balance on one leg) Real Dance	Unit 5 (reaction and response and floor work) Ball skills (striking)	Unit 6 (ball chasing and balance stance) Athletics
Year 2	Unit 4 (sending and receiving and counter balance) Ball skills (throwing and catching)	Unit 2 (jumping and landing and seated balance) Real Gym	Unit 3 (balance on a line and ball skills) Problem solving	Unit 1 (footwork and balance on one leg) Real Dance	Unit 5 (reaction and response and floor work) Ball skills (striking)	Unit 6 (ball chasing and balance stance) Athletics
Year 3	Unit 4 (sending and receiving and counter balance) Tag rugby	Unit 2 (jumping and landing and seated balance) Real Gym	Unit 3 (balance on a line and ball skills) Orienteering (3 weeks) Problem solving (3 weeks)	Unit 1 (footwork and balance on one leg) Real Dance	Unit 5 (reaction and response and floor work) Swimming	Unit 6 (ball chasing and balance stance) Athletics
Year 4	Unit 4 (sending and receiving and counter balance) Football (5 weeks) Orienteering and problem solving (2 weeks)	Unit 2 (jumping and landing and seated balance) Real Gym	Unit 3 (balance on a line and ball skills) Swimming	Unit 5 (reaction and response and floor work) Swimming	Unit 1 (footwork and balance on one leg) Real Dance	Unit 6 (ball chasing and balance stance) Athletics (4 weeks) Runders (3 weeks)
Year 5	Unit 2 (seated balance and floor work) Swimming	Unit 3 (balance on a line and counter balance) Swimming	Unit 4 (jumping and landing and balance on one leg) Real Gym	Unit 5 (stance and footwork) Real Dance	Unit 6 (sending and receiving and ball chasing) Tennis (5 weeks) Orienteering (1 week)	Unit 1 (ball skills and reaction and response) Athletics (4 weeks) Problem solving (3 weeks)
Year 6	Unit 6 (sending and receiving and ball chasing) Football	Unit 4 (jumping and landing and balance on one leg) Real Gym	Unit 1 (ball skills and reaction and response) Problem Solving (3 weeks) Orienteering (3 weeks)	Unit 5 (stance and footwork) Real Dance	Unit 2 (seated balance and floor work) Cricket	Unit 3 (balance on a line and counter balance) Swimming

Year 5 no tag rugby

Year 6 no runders