

EYFS	Once a week	Static balance - 1 leg (Pirate)	Performing Arts* cycle A only.	Real Gym	Co-ordination - ball skills (Clown)	Dynamic balance to agility - jumping and landing (Space)	Dynamic balance on a line (Train)
		Static balance - seated (Jungle)	Cycle B - Real dance. Choose own cog)	Real Gym	Co-ordination - sending and receiving (Juggler)	Agility - reaction and response (Fairytale)	Counter balance with a partner (Seaside)

Y1/2 Cycle_One Follow_Y1	Session 1	Performing Arts * enrichment	Invasion Games (TOPS)	realGYM - Unit 1 Cognitive	real DANCE - CREATIVE	Striking & Fielding (TOPS)	realPE
	Session 2	realPE PERSONAL	realPE SOCIAL	realPE PHYSICAL	Yoga (PPP)	Swimming	Swimming
		FS 1/10	FS6 (3)	FS 8/12	FS 3 (12)		

Y1/2 Cycle_Two Follow_Y2	Session 1	Performing Arts* Teacher Led	Net & Wall Skills (TOPS)	Real Gym Unit 2	Real dance (y1 or something different) COGNITIVE	Real PE	Run, jump, throw
				CREATIVE		Health&Fitness	
Session 2	realPE PERSONAL	realPE SOCIAL	Real PE	Invasion Games	Swimming	Swimming	
			PHYSICAL	Hockey Heroes			
		FS 1/10	FS6	FS 8/12	FS 3		

Y 3/4 Cycle_One Follow_Y3	Session 1	RUGBY	PERFORMING ARTS (Enrichment)	REAL PE	REAL PE	REAL PE	Run, jump, throw
		(Invasion games)	(Target Game)	SOCIAL	PERSONAL	PHYSICAL	(Athletics)
Session 2	Swimming (H&F_focus)	Swimming	Swimming	Swimming	Swimming	realGYM (COGNITIVE)	realPE CREATIVE
		FS 6		FS 1/10	FS 3/12	FS8	

Y 3/4 Cycle_Two Follow_Y4	Session 1	FOOTBALL	DODGEBALL	REAL PE	REAL PE	REAL PE	Run, jump, throw
		(Invasion games)	(Invasion games)	SOCIAL	PERSONAL	PHYSICAL	Games based
Session 2	Swimming (H&F_focus)	Swimming	Swimming	Swimming	Swimming	realGYM (Cognitive)	realDANCE - Creative
		(FS3)	(FS8)	FS 6	FS 1/10	FS 8/12	

Y 5/6 Cycle_One Follow_Y5	Session 1	Performing Arts (Enrichment)	INVASION GAME (Hockey)	REAL GYM - Choice of COG	REAL DANCE - SOCIAL	Striking & Fielding	Orienteering
						Cricket	Tri-O
Session 2	realPE PHYSICAL	realPE COGNITIVE	realPE CREATIVE	Yoga (PPP)	realPE PERSONAL	realPE H&F	
		FS 8/12	(FS8) (FS6/3)	(FS 3/8)	FS 1/10		(FS 3/8)

Y 5/6 Cycle_Two Follow_Y6	Session 1	Real Leaders	Real Leaders	realGYM - SOCIAL	Real dance (something different)	Striking & Fielding	Run, jump, throw
						Rounders	
Session 2	realPE PHYSICAL	realPE PERSONAL	Netball (Net & Wall)	realPE COGNITIVE	realPE CREATIVE	realPE H&F	
		FS 8/12	FS 1/10	(FS8)	(FS 3/6)	(FS3/8)	(FS3/8)