

PE OVERVIEW



Pinner Wood School



PE		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Titles	Nursery	<p><b>Real PE</b> Unit 1: Personal skills (balance &amp; coordination) <b>Real Gym-1</b> Unit 1: Personal skills (Shape and Travel)</p>	<p><b>Real PE</b> Unit 2: Social skills (Balance &amp; Dynamic balance and agility) <b>Real Dance - 1</b> Unit 1: Social skills</p>	<p><b>Real PE</b> Unit 3: Cognitive skills (Balance &amp; Dynamic Balance to Agility) <b>Real Gym-2</b> Unit 2: Cognitive skills (Flight and Rotation)</p>	<p><b>Real PE</b> Unit 4: Creative Skills (Balance and coordination) <b>Orienteering</b> Lesson 1 - 6 (Applying physical skills)</p>	<p><b>Real PE</b> Unit 5: Applying physical skills (Coordination, Dynamic &amp; applying physical skills) <b>Real Dance - 2</b> Unit 1: Creative skills Theme - Storyland</p>	<p><b>Real PE</b> Unit 6: Health and Fitness (Balance, Dynamic balance to Agility) <b>Orienteering</b> Lesson 6 - 10 (Health and Fitness)</p>
	Reception	<p><b>Real PE</b> Unit 1: Personal skills (balance &amp; coordination) <b>Real Gym-1</b> Unit 1: Personal skills (Shape and Travel)</p>	<p><b>Real PE</b> Unit 2: Social skills (Balance &amp; Dynamic balance and agility) <b>Real Dance - 1</b> Unit 1: Social skills</p>	<p><b>Real PE</b> Unit 3: Cognitive skills (Balance &amp; Dynamic Balance to Agility) <b>Real Gym-2</b> Unit 2: Cognitive skills (Flight and Rotation)</p>	<p><b>Real PE</b> Unit 4: Creative Skills (Balance and coordination) <b>Orienteering</b> Lesson 1 - 6 (Applying physical skills)</p>	<p><b>Real PE</b> Unit 5: Applying physical skills (Coordination, Dynamic &amp; applying physical skills) <b>Real Dance - 2</b> Unit 1: Creative skills Theme - Storyland</p>	<p><b>Real PE</b> Unit 6: Health and Fitness (Balance, Dynamic balance to Agility) <b>Orienteering</b> Lesson 6 - 10 (Health and Fitness)</p>
	Year 1	<p><b>Real PE</b> Unit 1: Personal skills (balance &amp; coordination) <b>Real Gym-1</b> Unit 1: Personal skills (Shape and Travel)</p>	<p><b>Real PE</b> Unit 2: Social skills (Balance &amp; Dynamic balance and agility) <b>Real Dance - 1</b> Unit 1: Social skills</p>	<p><b>Real PE</b> Unit 3: Cognitive skills (Balance &amp; Dynamic Balance to Agility) <b>Real Gym-2</b> Unit 2: Cognitive skills (Flight and Rotation)</p>	<p><b>Real PE</b> Unit 4: Creative Skills (Balance and coordination) <b>Orienteering</b> Lesson 1 - 6 (Applying physical skills)</p>	<p><b>Real PE</b> Unit 5: Applying physical skills (Coordination, Dynamic &amp; applying physical skills) <b>Real Dance - 2</b> Unit 1: Creative skills Theme - Seasons (pop music focus)</p>	<p><b>Real PE</b> Unit 6: Health and Fitness (Balance, Dynamic balance to Agility) <b>Orienteering</b> Lesson 6 - 10 (Health and Fitness)</p>
	Year 2	<p><b>Real PE</b> Unit 1: Personal skills (balance &amp; coordination) <b>Real Gym-1</b> Unit 1: Personal skills (Shape and Travel)</p>	<p><b>Real PE</b> Unit 2: Social skills (Balance &amp; Dynamic balance and agility) <b>Real Dance - 1</b> Unit 1: Social skills</p>	<p><b>Real PE</b> Unit 3: Cognitive skills (Balance &amp; Dynamic Balance to Agility) <b>Real Gym-2</b> Unit 2: Cognitive skills</p>	<p><b>Real PE</b> Unit 4: Creative Skills (Balance and coordination) <b>Orienteering</b> Lesson 1 - 6 (Applying physical skills)</p>	<p><b>Real PE</b> Unit 5: Applying physical skills (Coordination, Dynamic &amp; applying physical skills) <b>Real Dance - 2</b></p>	<p><b>Real PE</b> Unit 6: Health and Fitness (Balance, Dynamic balance to Agility) <b>Orienteering</b> Lesson 6 - 10</p>



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				(Flight and Rotation)		Unit 1: Creative skills Theme - Around the World (Friendship music)	(Health and Fitness)
Year 3	<b>Real PE</b> Unit 1: Personal skills (balance & coordination) <b>Real Gym-1</b> Unit 1: Personal skills (Shape and Travel)	<b>Real PE</b> Unit 2: Social skills (Balance & Dynamic balance and agility) <b>Real Dance - 1</b> Unit 1: Social skills	<b>Real PE</b> Unit 3: Cognitive skills (Balance & Dynamic Balance to Agility) <b>Real Gym-2</b> Unit 2: Cognitive skills (Flight and Rotation)	<b>Real PE</b> Unit 4: Creative Skills (Balance and coordination) <b>Orienteering</b> Lesson 1 - 6 (Applying physical skills)	<b>Real PE</b> Unit 5: Applying physical skills (Coordination, Dynamic & applying physical skills) <b>Real Dance - 2</b> Unit 1: Creative skills Theme - Magic (Funk/Disco)	<b>Real PE</b> Unit 6: Health and Fitness (Balance, Dynamic balance to Agility) <b>Orienteering</b> Lesson 6 - 10 (Health and Fitness)	
Year 4	<b>Real PE</b> Unit 1: Personal skills (balance & coordination) <b>Real Gym-1</b> Unit 1: Personal skills (Shape and Travel)	<b>Real PE</b> Unit 2: Social skills (Balance & Dynamic balance and agility) <b>Real Dance - 1</b> Unit 1: Social skills	<b>Real PE</b> Unit 3: Cognitive skills (Balance & Dynamic Balance to Agility) <b>Real Gym-2</b> Unit 2: Cognitive skills (Flight and Rotation)	<b>Real PE</b> Unit 4: Creative Skills (Balance and coordination) <b>Orienteering</b> Lesson 1 - 6 (Applying physical skills)	<b>Real PE</b> Unit 5: Applying physical skills (Coordination, Dynamic & applying physical skills) <b>Real Dance - 2</b> Unit 1: Creative skills Theme - Travelling by Sea (Viking song?)	<b>Real PE</b> Unit 6: Health and Fitness (Balance, Dynamic balance to Agility) <b>Orienteering</b> Lesson 6 - 10 (Health and Fitness)	
Year 5	<b>Invasion Games -1</b> Shooting and Keeping <b>Real Gym-1</b> Unit 1: Personal skills (Shape and Travel)	<b>Net/ wall Games-1</b>  <b>Real Dance - 1</b> Unit 1: Social skills	<b>Invasion Games-2</b> Support play and formations <b>Real Gym-2</b> Unit 2: Cognitive skills (Flight and Rotation)	<b>Orienteering</b> Lesson 1 - 6 (Applying physical skills)  <b>Dodge ball</b> Real P.E. - Unit 5 Health and Fitness Skills (support) Lesson 4 - 6	<b>Striking and Fielding</b>  <b>Real Dance - 2</b> Unit 1: Creative skills Theme - Communicating issues (link to Boy At the Back of the Class and Motown)	<b>Athletics</b>  <b>Orienteering</b> Lesson 6 - 10 (Health and Fitness)	
Year 6	<b>Invasion Games -1</b> Tactics	<b>Net/ wall Games-1</b>	<b>Invasion Games -2</b> Attacking and defending	<b>Orienteering</b> Lesson 1 - 6	<b>Invasions Games-3</b> Teamwork and formation	<b>Athletics</b>	



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		<p><b><u>Real Gym-1</u></b> Unit 1: Personal skills (Shape and Travel Performance)</p>	<p><b><u>Dance - 1</u></b> <b>Theme - Flash Mob (Using visual media)</b></p>	<p><b><u>Real Gym-2</u></b> Unit 2: Cognitive skills (Flight and Rotation performance)</p>	<p>(Applying physical skills)  <b><u>Dodge ball</u></b> Real P.E. - Unit 5 Health and Fitness Skills (support) Lesson 4 - 6</p>	<p><b><u>Dance - 2</u></b> <b>Theme - Putting on a Performance (contemporary music and create a story)</b></p>	<p><b><u>Orienteering</u></b> Lesson 6 - 10 (Health and Fitness)</p>
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