

Calmore Junior School PE Yearly Overview

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-------------|--|--|---|---|--|---|
| Yr 3 | Real PE Focus: Coordination footwork | Real PE Focus: Balance Agility | Real PE Focus: Dynamic balance Coordination-through ball skills | Real PE Focus: Counter balance Coordination-sending and receiving | Real PE Focus: Static balance-floor work Agility-reaction/response | Real PE Focus: Balance-stance Agility-ball chasing |
| | Basketball/Netball (Invasion Games) | Tag Rugby (evasive invasion games) | Gymnastics (Creative performance) | Dance | Athletics | Cricket (striking and fielding) |
| Yr 4 | Real PE Focus: Coordination-footwork Static balance-one leg | Real PE Focus: Dynamic balance-jumping and landing | Real PE Focus: Dynamic balance Coordination-ball skills | Real PE Focus: Coordination-sending and receiving Counter balance | Real PE Focus: Static balance- floor work Agility-reaction/response | Real PE Focus: Balance-stance Agility-ball chasing |
| | Dance | Tag Rugby (evasive invasion games) | Gymnastics (Creative performance) | Tennis (net/wall games) | Dance | Cricket (striking and fielding) |
| Yr 5 | Real PE Focus: Coordination-ball skills Agility-reaction/response | Real PE Focus: Static balance-seated and floor work | Real PE Focus: Dynamic balance Counter balance | Real PE Focus: Dynamic balance to agility | Real PE Focus: Coordination-footwork Static balance-stance | Real PE Focus: Coordination- sending/receiving Agility-ball chasing |
| | Basketball/Netball (Invasion Games) | Dance | Gymnastics (Creative performance) | Tennis (net/wall games) | Athletics | Dance |
| Yr 6 | Real PE Focus: Coordination-ball skills Agility-reaction/response | Real PE Focus: Static balance-seated and floor work | Real PE Focus: Dynamic balance Counter balance | Real PE Focus: Dynamic balance to agility | Real PE Focus: Coordination-footwork Static balance-stance | Real PE Focus: Coordination- sending/receiving Agility-ball chasing |
| | Basketball/Netball (Invasion Games) | Tag Rugby (evasive invasion games) | Dance | Tennis (net/wall games) | Athletics | Cricket (striking and fielding) |

