

WCPS PE Units of Work Overview for EYFS to Year 6 2025-2026

	Aut1	Aut2	Spr1	Spr2	Sum1	Sum2
EYFS *Real PE Fundamental Movement Skills FUNs	<u>Baseline assessment</u> <u>Real PE Unit 1</u> Coordination Footwork Static Balance One Leg	<u>Real PE Unit 2</u> Dynamic Balance to Agility Jumping and Landing Static Balance Seated <u>Dance</u> Christmas Performance	<u>Real PE Unit 3</u> Dynamic Balance On a Line Static Balance Stance	<u>Real PE Unit 4</u> Coordination Ball Skills Counter Balance With a Partner	<u>Real PE Unit 5</u> Coordination Sending and Receiving Agility Reaction / Response	<u>Real PE Unit 6</u> Agility Ball Chasing Static Balance Floor Work <u>Athletics</u> Sports Day prep
Y1 *Real PE Fundamental Movement Skills FUNs	<u>Baseline assessment</u> <u>Class games</u> Parachute games Up and over ball game – team game Stuck in the mud The PE Shed - PE Games – for ideas <u>Real PE Unit 1</u> Coordination Footwork Static Balance One Leg	<u>Real PE Unit 2</u> Dynamic Balance to Agility Jumping and Landing Static Balance Seated <u>Real Gym Unit 1</u> Shape Travel	<u>Real PE Unit 3</u> Dynamic Balance On a Line Static Balance Stance <u>Real Gym Unit 2</u> Flight Rotation	<u>Real PE Unit 4</u> Coordination Ball Skills Counter Balance With a Partner <u>Class games</u> Parachute games Up and over ball game – team game Stuck in the mud The PE Shed - PE Games – for ideas	<u>Real PE Unit 5</u> Coordination Sending and Receiving Agility Reaction / Response <u>Real Dance Unit 1</u> Artistry Partnering Circles Shapes	<u>Real PE Unit 6</u> Agility Ball Chasing Static Balance Floor Work <u>Athletics</u> Sports Day prep
Y2 *Real PE Fundamental Movement Skills FUNs	<u>Baseline assessment</u> <u>Class games</u> Parachute games Up and over ball game – team game Stuck in the mud The PE Shed - PE Games – for ideas <u>Real PE Unit 1</u> Coordination Floor Movement Patterns / Footwork Static Balance One Leg	<u>Real PE Unit 2</u> Dynamic Balance to Agility Jumping & landing Static Balance Seated <u>Real Gym Unit 1</u> Balance Travel	<u>Real PE Unit 3</u> Dynamic Balance On a line Static Balance Stance / Small Base <u>Real Gym Unit 2</u> Flight Rotation	<u>Real PE Unit 4</u> Coordination Ball skills Counter Balance With partner <u>Dance</u> Prep for Yr 2 performance	<u>Real PE Unit 5</u> Coordination Sending & Receiving with equipment Agility Reaction / Response <u>Real Dance Unit 1</u> Shapes Solo Partnering Shapes Circles Solo Partnering Circles Artistry Abstraction Artistry (Making)	<u>Real PE Unit 6</u> Agility Ball Chasing Static Balance Floor Work <u>Athletics</u> Sports Day prep
Y3 *Real PE Fundamental Movement Skills FUNs	<u>Baseline assessment</u> <u>Class games</u> Bull dog Tag rugby The PE Shed - PE Games – for ideas <u>Real PE Unit 1</u> Coordination Footwork Static Balance One Leg	<u>Real PE Unit 2</u> Dynamic Balance to Agility Jumping and landing Static Balance Seated <u>Real Gym Unit 1</u> Mapping Pathways (Hand Apparatus) Rotation Sequences (Partner Work)	<u>Real PE Unit 3</u> Balance On a line Coordination Ball Skills <u>Real Gym Unit 2</u> Flight Sequences (Low Apparatus) Climbing Sequences (Low and Large Apparatus)	<u>Real PE Unit 4</u> Coordination Sending & Receiving Counter- Balance With a partner <u>Class games</u> Bull dog Tag rugby The PE Shed - PE Games – for ideas	<u>Real PE Unit 5</u> Agility Reaction / response Static Balance Floor work <u>Real Dance Unit 1</u> Shapes Circles Solo / Partnering Shapes Solo / Partnering Circles Artistry Abstraction Artistry (Making)	<u>Real PE Unit 6</u> Agility Ball Chasing Static Balance Stance <u>Athletics</u> Sports day
Y4 *Real PE Fundamental Movement Skills FUNs	<u>Baseline assessment</u> <u>Real PE Unit 1</u> Coordination Footwork Static Balance One Leg <u>Class games</u> Bull dog	<u>Real PE Unit 2</u> Dynamic Balance to agility Jumping / landing Static Balance Seated <u>Real Gym Unit 1</u> Acrobatic Sequences Rotation Sequences (partner work)	<u>Real PE Unit 3</u> Dynamic Balance On a Line Coordination Ball Skills <u>Real Gym Unit 2</u> Flight Sequences (with ropes) Group sequences	<u>Real PE Unit 4</u> Coordination Sending & Receiving Counter Balance With a partner <u>Class games</u> Bull dog Tag rugby	<u>Real PE Unit 5</u> Agility Reaction / Response Static Balance Floor Work <u>Real Dance Unit 1</u> Shapes Circles	<u>Real PE Unit 6</u> Agility Ball Chasing Static Balance Stance <u>Athletics</u> Sports day preparation

WCPS PE Units of Work Overview for EYFS to Year 6 2025-2026

	Tag rugby The PE Shed - PE Games – for ideas		(Low and Large Apparatus)	The PE Shed - PE Games – for ideas	Solo / Partner work Partnering (Lifts) Partnering Circles Artistry (Making)	
	Aut1	Aut2	Spr1	Spr2	Sum1	Sum2
Y5 *Real PE Fundamental Movement Skills FUNs	<u>Baseline assessment</u> <u>Real PE Unit 1</u> Coordination (ball skills) Agility (Reaction and response) Game – Endball <u>Class games</u> Bench ball Dodge ball Bench tag The PE Shed - PE Games – for ideas <u>Games</u> Football	<u>Real Gym Unit 1</u> Rhythmic Sequences Bench Sequences <u>Games</u> Tag Rugby	<u>Real PE Unit 2</u> Static Balance Seated/floor work Game - Steal the Treasure <u>Games</u> Netball	<u>Real PE Unit 4</u> Dynamic Balance to Agility Static Balance Game – Scorpion Handball <u>Games</u> Hockeyl	<u>Real Dance Unit 1</u> Solo Shapes Artistry Abstraction Artistry Musicality Partnering (Lifts) Artistry (Making) <u>Games</u> Swimming	<u>Games</u> Athletics <u>Games</u> Swimming
Y6 *Real PE Fundamental Movement Skills FUNs	<u>Baseline assessment</u> <u>Real PE Unit 1</u> Coordination (ball skills) Agility (Reaction and response) Game – Tag Netball <u>Class games</u> Bench ball Dodge ball Bench tag The PE Shed - PE Games – for ideas <u>Games</u> Football	<u>Real PE Unit 2</u> Static Balance Seated/floor work Game – River crossing <u>Games</u> Rugby	<u>Real PE Unit 3</u> Dynamic Balance Counter balance Game – Dodgeball <u>Games</u> Swimming	<u>Real Dance Unit 1</u> Solo Shapes Artistry Abstraction Artistry Musicality Partnering (Lifts) Artistry (Making) <u>Games</u> Swimming	<u>Games</u> Cricket	<u>Games</u> Athletics