

	Autumn	Spring	Summer
Foundation	Real PE – Personal and Social Cog Dance and Running and jumping (Athletics)	Real PE – Cognitive and Creative Cog Gymnastics and Invasion Games	Real PE – Physical and Health and Fitness Cog Racket sports and Throwing and Catching
Year 1 & 2	Real PE – Personal and Social Cog Dance and Benchball or Dodgeball	Real PE – Cognitive and Creative Cog Gymnastics and Invasion Games	Real PE – Physical and Health and Fitness Cog Racket Sports and Throwing and Catching Games
Year 3	Real PE – Personal (Coordination and floor)and Social Cogs (Dynamic balance and agility) Dance and Football	Real PE – Cognitive (Dynamic balance) and Creative Cog (Coordination with equipment) Gymnastics and Tennis	Real PE – Physical (Agility, Reaction/response) and Health and Fitness Cog (Ball chasing) Basketball and Cricket
Year 4	Real PE – Personal (Coordination and floor)and Social Cogs (Dynamic balance and agility) Gymnastics and Tag Rugby	Real PE – Cognitive (Dynamic balance) and Creative Cog (Coordination with equipment and counter balance) Dance and Volleyball	Real PE – Physical (Agility, Reaction/response) and Health and Fitness Cog (Agility and Ball chasing) Netball and Athletics
Year 5	Real PE – Cognitive (Ball skills, reaction/response) and Creative Cogs (Balance and floor work) Swimming	Real PE – Social (Dynamic and counter balance) and Physical Cogs (Balance to Agility) Team building and Basketball	Real PE – Health and Fitness (coordination and floor patterns) and Personal Cogs (Ball chasing, coordination with equipment) Tennis and Cricket
Year 6	Real PE – Cognitive (Ball skills, reaction/response) and Creative Cogs (Balance and floor work) Badminton and Netball	Real PE – Social (Dynamic and counter balance) and Physical Cogs (Balance to Agility) Tag rugby and Gymnastics	Real PE – Health and Fitness (coordination and floor patterns) and Personal Cogs (Ball chasing, coordination with equipment) Hockey and Rounders

