



At Bowlish Infant School, we use the Physical Education planning and resources produced by Create Development under the umbrella themes of Real PE, Real Gym and Real Dance. Within our PE curriculum we use the terms motor competence, rules, strategies and tactics and healthy participation, as suggested by the OFSTED subject review of PE, to ensure that all of our PE teaching and learning supports children to develop a strong foundation of fundamental movement skills whilst understand key themes around sports, games and active participation. We follow the Real PE suggested curriculum to ensure that units are taught sequentially and so that children can progress seamlessly as they move from EYFS through to KS1. Units are returned to each year of our rolling programme so that knowledge and skills can be revisited, rehearsed and developed.

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Playground Games (Personal Cog) Real PE - Unit 1 Footwork One leg balance (Personal Cog)	Continuous Provision – ELGs / Real PE Foundations Real Dance - Unit 1 Shapes, Artistry, Circles, Partnering (Creative Cog)	Continuous Provision – ELGs / Real PE Foundations Real PE - Unit 2 Jumping and Landing Seated Balance (Social Cog)	Continuous Provision – ELGs / Real PE Foundations Real Gym - Unit 1 Shape and Travel (Personal Cog)	Continuous Provision – ELGs / Real PE Foundations Real PE - Unit3 Dynamic Balance Stance (Cognitive Cog)	Sports Day Practise Real PE - Unit 4 Ball Skills Counter Balance (Creative Cog)
KS1	Real Gym - Unit 1 Shape and Travel (Personal Cog) Real PE - Unit 1 Footwork One leg balance (Personal Cog)	Real Dance - Unit 1 Shapes, Artistry, Circles, Partnering (Creative Cog) Real PE - Unit 2 Jumping and Landing Seated Balance (Social Cog)	Y1 - Swimming Y2 - Hockey Real PE - Unit3 Dynamic Balance Stance (Cognitive Cog)	Y1 – Swimming Y2 - Hockey Real PE - Unit 4 Ball Skills Counter Balance (Creative Cog)	Real PE - Unit 5 Sending and Receiving Reaction/Response (Physical Cog) Real Gym – Unit 2 Flight and Rotation (Health and Fitness Cog)	Real PE - Unit 6 Ball Chasing Floorwork (Fitness Cog) Sports Day Practise Team Games