

# PE Unit Focus Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p><b>Personal</b> Coordination - footwork Static Balance – one leg</p>	<p><b>Social</b> Dynamic balance to agility – jumping and landing. Static balance – seated</p>	<p><b>Cognitive</b> Dynamic balance – on a line Static balance - stance</p>	<p><b>Creative</b> Coordination – ball skills Counterbalance – with a partner</p>	<p><b>Physical</b> Coordination – sending and receiving Agility – react and respond</p>	<p><b>Health and Fitness</b> Agility – ball chasing Static balance – floor work</p>
Year 1	<p><b>Personal</b> Coordination - footwork Static Balance – one leg</p>	<p><b>Social</b> Dynamic balance to agility – jumping and landing. Static balance – seated</p>	<p><b>Cognitive</b> Dynamic balance – on a line Static balance - stance</p>	<p><b>Creative</b> Coordination – ball skills Counterbalance – with a partner</p>	<p><b>Physical</b> Coordination – sending and receiving Agility – react and respond</p>	<p><b>Health and Fitness</b> Agility – ball chasing Static balance – floor work</p>
Year 2	<p><b>Personal</b> Coordination - footwork Static Balance – one leg</p>	<p><b>Social</b> Dynamic balance to agility – jumping and landing. Static balance – seated</p>	<p><b>Cognitive</b> Dynamic balance – on a line Static balance - stance</p>	<p><b>Creative</b> Coordination – ball skills Counterbalance – with a partner</p>	<p><b>Physical</b> Coordination – sending and receiving Agility – react and respond</p>	<p><b>Health and Fitness</b> Agility – ball chasing Static balance – floor work</p>
Year 3	<p><b>Personal</b> Coordination - footwork Static Balance – one leg</p>	<p><b>Social</b> Dynamic balance to agility – jumping and landing. Static balance – seated</p>	<p><b>Cognitive</b> Dynamic balance – on a line Coordination – ball skills</p>	<p><b>Creative</b> Coordination – sending and receiving Counterbalance – with a partner</p>	<p><b>Physical</b> Agility – react and respond Static balance – floor work</p>	<p><b>Health and Fitness</b> Agility – ball chasing Static balance – stance</p>
Year 4	<p><b>Personal</b> Coordination - footwork Static Balance – one leg</p>	<p><b>Social</b> Dynamic balance to agility – jumping and landing. Static balance – seated</p>	<p><b>Cognitive</b> Dynamic balance – on a line Coordination – ball skills</p>	<p><b>Creative</b> Coordination – sending and receiving Counterbalance – with a partner</p>	<p><b>Physical</b> Agility – react and respond Static balance – floor work</p>	<p><b>Health and Fitness</b> Agility – ball chasing Static balance – stance</p>
Year 5	<p><b>Cognitive</b> Coordination – ball skills Agility – react and respond</p>	<p><b>Creative</b> Static balance – seated Static balance – floor work</p>	<p><b>Social</b> Dynamic balance – on a line Counterbalance – with a partner</p>	<p><b>Physical</b> Dynamic balance to agility – jumping and landing Static Balance – one leg</p>	<p><b>Health and Fitness</b> Static balance – stance Coordination - footwork</p>	<p><b>Personal</b> Coordination – sending and receiving Agility – ball chasing</p>
Year 6	<p><b>Cognitive</b> Coordination – ball skills Agility – react and respond</p>	<p><b>Creative</b> Static balance – seated Static balance – floor work</p>	<p><b>Social</b> Dynamic balance – on a line Counterbalance – with a partner</p>	<p><b>Physical</b> Dynamic balance to agility – jumping and landing Static Balance – one leg</p>	<p><b>Health and Fitness</b> Static balance – stance Coordination - footwork</p>	<p><b>Personal</b> Coordination – sending and receiving Agility – ball chasing</p>
Key	Learning focus	Fundamental movement skill focus				