



## Roskear Primary and Nursery School – Indoor PE Overview 2022-2023

	Week	Autumn		Spring		Summer	
Year 1	1	Real PE – Unit 1 – Footwork		Real PE – Unit 2 – Dynamic Balance / Agility	SSW PE	Real Dance – Shapes Solo	MADE
	2	Real PE – Unit 1 – Footwork		Real PE – Unit 2 – Dynamic Balance / Agility	SSW PE	Real Dance – Artistry Musicality	MADE
	3	Real PE – Unit 1 – Footwork		Real PE – Unit 2 – Dynamic Balance / Agility	SSW PE	Real Dance – Partnering Shapes	MADE
	4	Real PE – Unit 1 – Static Balance		Real PE – Unit 2 – Static Balance	SSW PE	Real Dance – Circles Solo	MADE
	5	Real PE – Unit 1 – Static Balance		Real PE – Unit 2 – Static Balance	SSW PE	Real Dance – Artistry Abstraction	MADE
	6	Real PE – Unit 1 – Static Balance		Real PE – Unit 2 – Static Balance	SSW PE	Real Dance – Artistry (Making)	MADE
	7	Real Gym – Y1 - Unit 1 – Shape		Real PE – Unit 4 – Coordination (Ball Skills)	SSW PE	Real Gym – Y1 – Unit 2 - Flight	JULIE
	8	Real Gym – Y1 - Unit 1 – Shape		Real PE – Unit 4 – Coordination (Ball Skills)	SSW PE	Real Gym – Y1 – Unit 2 - Flight	JULIE
	9	Real Gym – Y1 - Unit 1 – Shape		Real PE – Unit 4 – Coordination (Ball Skills)	SSW PE	Real Gym – Y1 – Unit 2 - Flight	JULIE
	10	Real Gym – Y1 - Unit 1 – Travel		Real PE – Unit 5 – Coordination	SSW PE	Real Gym – Y1 - Unit 2 – Rotation	JULIE
	11	Real Gym – Y1 - Unit 1 – Travel		Real PE – Unit 5 – Coordination	SSW PE	Real Gym – Y1 - Unit 2 – Rotation	JULIE
	12	Real Gym – Y1 - Unit 1 – Travel		Real PE – Unit 5 – Coordination	SSW PE	Real Gym – Y1 - Unit 2 – Rotation	JULIE

	Week	Autumn		Spring		Summer	
Year 2	1	Real PE – Unit 1 – Footwork	SSW	Real PE – Unit 4 – Coordination (Ball Skills)		Real PE – Unit 5 – Agility	SSW
	2	Real PE – Unit 1 – Footwork	SSW	Real PE – Unit 4 – Coordination (Ball Skills)		Real PE – Unit 5 – Agility	SSW
	3	Real PE – Unit 1 – Footwork	SSW	Real PE – Unit 4 – Coordination (Ball Skills)		Real PE – Unit 5 – Agility	SSW
	4	Real PE – Unit 2 – Balance to Agility	SSW	Real PE – Unit 5 – Sending & Receiving		Real PE – Unit 6 – Ball chasing	SSW
	5	Real PE – Unit 2 – Balance to Agility	SSW	Real PE – Unit 5 – Sending & Receiving		Real PE – Unit 6 – Ball chasing	SSW
	6	Real PE – Unit 2 – Balance to Agility	SSW	Real PE – Unit 5 – Sending & Receiving		Real PE – Unit 6 – Ball chasing	SSW
	7	Real Dance – Shapes Solo	MADE	Real Gym – Y2 - Unit 1 – Balance		Real Gym – Y2 – Unit 2 - Flight	MADE
	8	Real Dance – Partnering Shapes	MADE	Real Gym – Y2 - Unit 1 – Balance		Real Gym – Y2 – Unit 2 - Flight	MADE
	9	Real Dance – Circles Solo	MADE	Real Gym – Y2 - Unit 1 – Balance		Real Gym – Y2 – Unit 2 - Flight	MADE
	10	Real Dance – Partnering Circles	MADE	Real Gym – Y2 - Unit 1 – Travel		Real Gym – Y2 – Unit 2 - Rotation	MADE
	11	Real Dance – Artistry Abstraction	MADE	Real Gym – Y2 - Unit 1 – Travel		Real Gym – Y2 – Unit 2 - Rotation	MADE
	12	Real Dance – Artistry (Making)	MADE	Real Gym – Y2 - Unit 1 – Travel		Real Gym – Y2 – Unit 2 - Rotation	MADE



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	Week	Autumn		Spring		Summer	
Year 3	1	Real Dance – Shapes Solo	MADE	Real Gym – Y3 - Unit 1 – Travel	JULIE	Real PE – Unit 5 – Agility (Reaction/Response)	SSW
	2	Real Dance – Circles Solo	MADE	Real Gym – Y3 - Unit 1 – Travel	JULIE	Real PE – Unit 5 – Agility (Reaction/Response)	SSW
	3	Real Dance – Partnering Shapes	MADE	Real Gym – Y3 - Unit 1 – Travel	JULIE	Real PE – Unit 5 – Agility (Reaction/Response)	SSW
	4	Real Dance – Partnering Circles	MADE	Real Gym – Y3 - Unit 1 – Rotation	JULIE	Real PE – Unit 6 – Agility (Ball Chasing)	SSW
	5	Real Dance – Artistry Abstraction	MADE	Real Gym – Y3 - Unit 1 – Rotation	JULIE	Real PE – Unit 6 – Agility (Ball Chasing)	SSW
	6	Real Dance – Artistry (Making)	MADE	Real Gym – Y3 - Unit 1 – Rotation	JULIE	Real PE – Unit 6 – Agility (Ball Chasing)	SSW
	7	Real PE – Unit 1 – Coordination (Footwork)	SWIM	Real PE – Unit 3 – Coordination (Ball Skills)	SSW PE	Real Gym – Y3 - Unit 2 – Flight	
	8	Real PE – Unit 1 – Coordination (Footwork)	SWIM	Real PE – Unit 3 – Coordination (Ball Skills)	SSW PE	Real Gym – Y3 - Unit 2 – Flight	
	9	Real PE – Unit 1 – Coordination (Footwork)	SWIM	Real PE – Unit 3 – Coordination (Ball Skills)	SSW PE	Real Gym – Y3 - Unit 2 – Flight	
	10	Real PE – Y3 – Unit 2 – Balance	SWIM	Real PE – Unit 4 – Sending / Receiving	SSW PE	Real Gym – Y3 - Unit 2 – Balance	
	11	Real PE – Y3 – Unit 2 – Balance	SWIM	Real PE – Unit 4 – Sending / Receiving	SSW PE	Real Gym – Y3 - Unit 2 – Balance	
	12	Real PE – Y3 – Unit 2 – Balance	SWIM	Real PE – Unit 4 – Sending / Receiving	SSW PE	Real Gym – Y3 - Unit 2 – Balance	

	Week	Autumn		Spring		Summer	
Year 4	1	Real Gym – Y4 - Unit 1 – Balance	JULIE	Real Gym – Y4 - Unit 2 – Flight	SWIM	Real PE – Unit 3 – Coordination (Ball Skills)	
	2	Real Gym – Y4 - Unit 1 – Balance	JULIE	Real Gym – Y4 - Unit 2 – Flight	SWIM	Real PE – Unit 3 – Coordination (Ball Skills)	
	3	Real Gym – Y4 - Unit 1 – Balance	JULIE	Real Gym – Y4 - Unit 2 – Flight	SWIM	Real PE – Unit 3 – Coordination (Ball Skills)	
	4	Real Gym – Y4 - Unit 1 – Rotation	JULIE	Real Gym – Y4 - Unit 2 – Travel	SWIM	Real PE – Unit 4 – Sending / Receiving	
	5	Real Gym – Y4 - Unit 1 – Rotation	JULIE	Real Gym – Y4 - Unit 2 – Travel	SWIM	Real PE – Unit 4 – Sending / Receiving	
	6	Real Gym – Y4 - Unit 1 – Rotation	JULIE	Real Gym – Y4 - Unit 2 – Travel	SWIM	Real PE – Unit 4 – Sending / Receiving	
	7	Real PE – Unit 1 – Coordination (Footwork)	SSW	Real Dance – Shapes Solo	MADE	Real PE – Unit 5 – Agility (Reaction/Response)	SSW PE
	8	Real PE – Unit 1 – Coordination (Footwork)	SSW	Real Dance – Circles Solo	MADE	Real PE – Unit 5 – Agility (Reaction/Response)	SSW PE
	9	Real PE – Unit 1 – Coordination (Footwork)	SSW	Real Dance – Partnering Shapes	MADE	Real PE – Unit 5 – Agility (Reaction/Response)	SSW PE
	10	Real PE – Y4 – Unit 2 – Balance to Agility	SSW	Real Dance – Partnering (Lifts)	MADE	Real PE – Unit 6 – Ball chasing	SSW PE
	11	Real PE – Y4 – Unit 2 – Balance to Agility	SSW	Real Dance – Partnering Circles	MADE	Real PE – Unit 6 – Ball chasing	SSW PE
	12	Real PE – Y4 – Unit 2 – Balance to Agility	SSW	Real Dance – Artistry (Making)	MADE	Real PE – Unit 6 – Ball chasing	SSW PE



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	Week	Autumn		Spring		Summer	
Year 5	1	Real PE – Unit 1 – Coordination (Ball Skills)	SSW	Real Dance – Shapes Solo	MADE	Real PE – Unit 3 – Static Balance (Stance)	
	2	Real PE – Unit 1 – Coordination (Ball Skills)	SSW	Real Dance – Circles Solo	MADE	Real PE – Unit 3 – Static Balance (Stance)	
	3	Real PE – Unit 1 – Coordination (Ball Skills)	SSW	Real Dance – Artistry Abstraction	MADE	Real PE – Unit 3 – Static Balance (Stance)	
	4	Real PE – Unit 2 – Dynamic Balance (On a Line)	SSW	Real Dance – Artistry Musicality	MADE	Real PE – Unit 4 – Static Balance (Seated)	
	5	Real PE – Unit 2 – Dynamic Balance (On a Line)	SSW	Real Dance – Partnering (Lifts)	MADE	Real PE – Unit 4 – Static Balance (Seated)	
	6	Real PE – Unit 2 – Dynamic Balance (On a Line)	SSW	Real Dance – Artistry (Making)	MADE	Real PE – Unit 4 – Static Balance (Seated)	
	7	Real Gym – Unit 1 – Rhythmic Sequences	JULIE	Real Gym – Unit 2 – Acrobatic Sequences	SWIM	Real PE – Unit 5 – Jumping & Landing	SSW Y5
	8	Real Gym – Unit 1 – Rhythmic Sequences	JULIE	Real Gym – Unit 2 – Acrobatic Sequences	SWIM	Real PE – Unit 5 – Jumping & Landing	SSW Y5
	9	Real Gym – Unit 1 – Rhythmic Sequences	JULIE	Real Gym – Unit 2 – Acrobatic Sequences	SWIM	Real PE – Unit 5 – Jumping & Landing	SSW Y5
	10	Real Gym – Unit 1 – Bench Sequences	JULIE	Real Gym – Unit 2 – Climbing Sequences	SWIM	Real PE – Unit 6 – Sending and Receiving	SSW Y5
	11	Real Gym – Unit 1 – Bench Sequences	JULIE	Real Gym – Unit 2 – Climbing Sequences	SWIM	Real PE – Unit 6 – Sending and Receiving	SSW Y5
	12	Real Gym – Unit 1 – Bench Sequences	JULIE	Real Gym – Unit 2 – Climbing Sequences	SWIM	Real PE – Unit 6 – Sending and Receiving	SSW Y5

	Week	Autumn		Spring		Summer	
Year 6	1	Real Dance – Shapes Solo	SWIM	Real PE – Unit 3 – Coordination (Footwork)	SSW	Real PE – Unit 1 - Reaction/Response	JULIE
	2	Real Dance – Circles Solo	SWIM	Real PE – Unit 3 – Coordination (Footwork)	SSW	Real PE – Unit 1 - Reaction/Response	JULIE
	3	Real Dance – Artistry Abstraction	SWIM	Real PE – Unit 3 – Coordination (Footwork)	SSW	Real PE – Unit 1 - Reaction/Response	JULIE
	4	Real Dance – Artistry Musicality	SWIM	Real PE – Unit 4 – Static Balance (Floor Work)	SSW	Real PE – Unit 4 – Jumping / Landing	JULIE
	5	Real Dance – Partnering (Lifts)	SWIM	Real PE – Unit 4 – Static Balance (Floor Work)	SSW	Real PE – Unit 4 – Jumping / Landing	JULIE
	6	Real Dance – Artistry (Making)	SWIM	Real PE – Unit 4 – Static Balance (Floor Work)	SSW	Real PE – Unit 4 – Jumping / Landing	JULIE
	7	Real PE – Unit 1 – Agility (Reaction/Response)	SSW	Real Gym – Unit 1 – Rhythmic Sequences	JULIE	Real PE – Unit 5 – Static Balance (1-leg)	
	8	Real PE – Unit 1 – Agility (Reaction/Response)	SSW	Real Gym – Unit 1 – Rhythmic Sequences	JULIE	Real PE – Unit 5 – Static Balance (1-leg)	
	9	Real PE – Unit 1 – Agility (Reaction/Response)	SSW	Real Gym – Unit 1 – Rhythmic Sequences	JULIE	Real PE – Unit 5 – Static Balance (1-leg)	
	10	Real PE – Unit 2 – Counter Balance (w/ a partner)	SSW	Real Gym – Unit 1 – Bench Sequences	JULIE	Real PE – Unit 6 – Agility (Ball Chasing)	
	11	Real PE – Unit 2 – Counter Balance (w/ a partner)	SSW	Real Gym – Unit 1 – Bench Sequences	JULIE	Real PE – Unit 6 – Agility (Ball Chasing)	
	12	Real PE – Unit 2 – Counter Balance (w/ a partner)	SSW	Real Gym – Unit 1 – Bench Sequences	JULIE	Real PE – Unit 6 – Agility (Ball Chasing)	