



Forever Learning: Limitless potential for every child

PE Curriculum Map (Reception - Year 2 use REAL PE)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Develop core strength Spatial awareness Hand eye coordination	Balancing Stretching, arm strength (shoulders, elbows, cross body movements)	Jumping, climbing	Travelling in different ways	Control, agility, coordination, confidence	Healthy bodies and healthy eating
Reception (1 hour)	INDOOR Real PE Personal Unit 1	INDOOR Real Gym Personal Unit 1	INDOOR Real PE Social Unit 2	INDOOR Real gym Cognitive Unit 2	INDOOR Real PE Physical Unit 5	INDOOR Real PE Creative Unit 4
Year 1 (2 hours)	OUTDOOR Real PE Personal Unit 1 INDOOR Real Gym Personal Unit 1	OUTDOOR Real PE Social Unit 2 INDOOR Real PE Personal Unit 1 (Across Autumn term due to Christmas rehearsals)	OUTDOOR Real PE Cognitive Unit 3 INDOOR Real Gym Cognitive Unit 2	OUTDOOR Real PE Physical Unit 5 INDOOR Real PE Personal Unit 1 (Continued from Autumn term due to outdoor slots and weather)	OUTDOOR Real PE PE Creative Unit 4 INDOOR Real PE Social Unit 2 (Continued from Autumn term due to outdoor slots and weather)	OUTDOOR Real PE Health and Fitness Unit 6 INDOOR Real Dance Creative Unit 1

