EYFS	Once a week	Static balance - 1 leg (Pirate) Static balance - seated (Jungle)	Performing Arts* cycle A only. Cycle B - Real dance. Choose own cog)	Real Gym Real Gym	Co-ordindation - ball skills (Clown) Co-ordination - sending and receiving (Juggler)	Dynamic balance to agility - jumping and landing (Space) Agility - reaction and response (Fairytale)	Dynamic balance on a line (Train) Counter balance with a partner (Seaside)
Y1/2 Cycle_One Follow_Y1	Session 1	Performing Arts * enrichment	Invasion Games (TOPS)	realGYM - Unit 1Cognitive	real DANCE - CREATIVE	Striking & Fielding (TOPS)	realPE H&F
	Session 2	realPE PERSONAL	realPE SOCIAL	realPE PHYSICAL	Yoga (PPP)	Swimming	Swimming
		FS 1/10	FS6 (3)	FS 8/12			FS 3 (12)
Y1/2 Cycle_Two Follow_Y2	Session 1	Performing Arts* Premier Sports	Performing Arts* Premier Sports	PE - Gymnastics * Premier Sports	PE - Dodgeball * Premier Sports	PE - Hockey * Premier Sports	PE - Athletics * Premier Sports
	Session 2	realPE PERSONAL	realPE SOCIAL	Real PE CREATIVE	Real PE PHYSICAL	Swimming	Swimming
		FS 1/10	FS6	FS 8/12			FS 3
Y 3/4 Cycle_One Follow_Y3	Session 1	RUGBY (Invasion games)	PERFORMING ARTS (Enrichment) (Target Game)	REAL PE SOCIAL	REAL PE PERSONAL	REAL PE PHYSICAL	Run, jump, throw (Athletics)
	Session 2	Swimming (H&F_focus)	Swimming	Swimming	Swimming	realGYM (COGNITIVE)	realPE CREATIVE
				FS 6	FS 1/10	FS 3/12	FS8
Y 3/4 Cycle_Two Follow_Y4	Session 1	Performing Arts* Premier Sports	Performing Arts* Premier Sports	PE - Dodgeball* Premier Sports	PE - Gymnastics * Premier Sports	PE - Hockey * Premier Sports	PE - Athletics * Premier Sports
	Session 2	Swimming (H&F_focus)	Swimming	Swimming	Swimming	real PE (Social)	real PE (personal)
		(FS8)	(FS8)	FS 3/6	FS 3/8		
Y 5/6 Cycle_One Follow_Y5	Session 1	Performing Arts (Enrichment)	INVASION GAME (Hockey)	REAL GYM - Choice of COG	REAL DANCE - SOCIAL	Striking & Fielding Cricket	Orienteering Tri-O
	Session 2	realPE PHYSICAL	realPE COGNITIVE	realPE CREATIVE	Yoga (PPP)	realPE PERSONAL	realPE H&F
		FS 8/12	(FS8) (FS6/3)	(FS 3/8)		FS 1/10	(FS 3/8)
Y 5/6 Cycle_Two Follow_Y6	Session 1	Real Leaders	Real Leaders	realGYM - SOCIAL	Real dance (something different)	Striking & Fielding Rounders	Run, jump, throw
	Session 2	realPE PHYSICAL	realPE PERSONAL	Netball (Net & Wall)	realPE COGNITIVE	realPE CREATIVE	realPE H&F
		FS 8/12	FS 1/10	(FS8)	(FS 3/6)	(FS3/8)	(FS3/8)