

St. Columb Minor ACE Academy PE Yearly Overview

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE Unit 1 FMFS Coordination – floor movement patterns, static balance and balance to agility Gymnastics	REAL PE Unit 2 Dynamic Balance to agility, static and dynamic balance Gymnastics	Multi-skills	Multi-skills	REAL PE Unit 5 coordination with equipment and agility (ball chasing) Athletics	REAL PE Unit 6 agility (ball chasing) and static balances Athletics

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Funs Stations 1 - 12	REAL PE Unit 1 Personal Skills – coordination and static balances	Real PE Unit 2 Social Skills – dynamic balance to agility and seated static balances	Real PE Unit 3 Cognitive Skills – challenging dynamic balances and static balance	REAL PE Unit 4 Creative Skills – ball skills and paired counter balances	REAL PE Unit 5 Applying Physical Skills – coordination with equipment and agility (reaction and response)	REAL PE Unit 6 Health and Fitness – agility (ball chasing) and static balance (floorwork)
Year 2 Funs Stations 1 – 12 with further challenge	REAL PE Unit 1 Personal Skills – floor movement patterns and 1 leg static balances	Real PE Unit 2 Social Skills – dynamic balance to agility and seated static balances	REAL PE Unit 3 – Cognitive Skills – challenging dynamic balance and static balances with a small base	REAL PE Unit 4 Creative Skills – ball skills and paired counter balances	REAL PE Unit 5 Applying Physical Skills – coordination with equipment and agility (reaction and response)	REAL PE Unit 6 Health and Fitness – agility (ball chasing) and static balance (floorwork)