

**St. Columb Minor ACE Academy PE Yearly Overview**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	REAL PE Unit 1 Cognitive Skills – Agility (reaction and response, ball handling and game skills)	REAL PE Unit 2 Creative Skills – seated static balances, floor work and games skills	REAL PE Unit 3 Social Skills – Dynamic balances (individual and paired) and counter balances	REAL PE Unit 4 Applying Physical Skills – dynamic and static balances into game skills	REAL PE Unit 5 Health and Fitness – floor movements and games skills	REAL PE Unit 6 Personal Skills – agility (ball chasing), games skills, coordination with equipment
	Touch Rugby	Dance	Netball	Basketball	Athletics	Rounders
Year 6	REAL PE Unit 1 Cognitive Skills – Agility (reaction and response, ball handling and game skills)	REAL PE Unit 2 Creative Skills – seated static balances, floor work and games skills	REAL PE Unit 3 Social Skills – Dynamic balances (individual and paired) and counter balances	REAL PE Unit 4 Applying Physical Skills dynamic and static balances into game skills	REAL PE Unit 5 Health and Fitness – floor movements and games skills	REAL PE Unit 6 Personal Skills – agility (ball chasing), games skills, coordination with equipment
	Net/Wall Games	Circuits	Handball	Basketball	Cricket/Rounders	Athletics