| PE | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------|--|-------------------------|----------------------------|---|---|-----------------------------------|
| Year 1 | Real PE Unit 1 - Personal | Real PE Unit 2 - Social | Real PE Unit 3 - Cognitive | Real PE Unit 4 - Creative | Real PE Unit 5 - Physical | Real PE Unit 6 - Fitness |
| | Recommended sports: Basketball or Football | Real Gym Unit 1 | Real Dance Unit 1 | Recommended sports: Tag Rugby or Cricket | Recommended sports: Tennis or Rounders | Recommended sports: Athlet or OAA |
| Year 2 | Real PE Unit 1 - Personal | Real PE Unit 2 - Social | Real PE Unit 3 - Cognitive | Real PE Unit 4 - Creative | Real PE Unit 5 - Physical | Real PE Unit 6 - Fitness |
| | Recommended sports: Basketball or Football | Real Gym Unit 1 | Real Dance Unit 1 | Recommended sports: Tag Rugby or Cricket | Recommended sports: Tennis or Rounders | Recommended sports: Athlet |
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| Year 3 | Real PE Unit 1 - Personal | Real PE Unit 2 - Social | Real PE Unit 3 - Cognitive | Real PE Unit 4 - Creative | Real PE Unit 5 - Physical | Real PE Unit 6 - Fitness |
| | Recommended sports: Basketball or Football | Real Gym Unit 1 | Real Dance Unit 1 | Recommended sports: Tag Rugby or Cricket | Recommended sports: Tennis or Rounders | Recommended sports: Athle or OAA |
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| Year 4 | Real PE Unit 1 - Personal | Real PE Unit 2 - Social | Real PE Unit 3 - Cognitive | Real PE Unit 4 - Creative | Real PE Unit 5 - Physical | Real PE Unit 6 - Fitness |
| | Recommended sports: Basketball or Football | Real Gym Unit 1 | Real Dance Unit 1 | Recommended sports: Tag Rugby or Cricket | Recommended sports: Tennis or Rounders | Recommended sports: Athle or OAA |
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| Year 5 | Real PE Unit 1 - Personal | Real PE Unit 2 - Social | Real PE Unit 3 - Cognitive | Real PE Unit 4 - Creative | Real PE Unit 5 - Physical | Real PE Unit 6 - Fitness |
| | Recommended sports: Basketball or Football | Real Gym Unit 1 | Real Dance Unit 1 | Recommended sports: Tag Rugby or Cricket | Recommended sports: Tennis or Rounders | Recommended sports: Athle or OAA |
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| Year 6 | Real PE Unit 1 - Personal | Real PE Unit 2 - Social | Real PE Unit 3 - Cognitive | Real PE Unit 4 - Creative | Real PE Unit 5 - Physical | Real PE Unit 6 - Fitness |
| | Recommended sports: Basketball or Football | Real Gym Unit 1 | Real Dance Unit 1 | Recommended sports: Tag Rugby or Cricket | Recommended sports: Tennis or Rounders | Recommended sports: Athle or OAA |