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| A | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| Reception | Real PE CORE unit 1 – personal  | Up and under multi skills | Up and under gymnastics | Real PE core unit 4 | Real PE core unit 5 | Real PE unit 6 fitness |
| Year 1 and 2 | Real PE CORE unit 1 – personal | Real PE CORE unit 2 - social | Real PE CORE unit 3 - cognitive | Real PE CORE unit 4 creative | Real PE CORE unit 5 physical | Real PE unit 6 fitness |
| Real PE gymnastics unit 1 | Up and under multi skills | Up and under gymnastics | Real PE dance | Real PE gymnastics unit 2 | Athletics |
| Year 3 and 4 | Swimming | Swimming | Real PE CORE unit 3 - cognitive | Real PE CORE unit 4 creative | Real PE CORE unit 5 physical | Real PE unit 6 fitness |
| Real PE CORE unit 1 - personal | Real PE CORE unit 2- social | Real PE gymnastics | Up and under netball | Up and under rounders | Real PE dance |
| Year 5 and 6 | Real PE CORE unit 1 - personal | Real PE CORE unit 2- social | Real PE CORE unit 3 - cognitive | Real PE CORE unit 4 creative | Real PE CORE unit 5 physical | Up and under athletics  |
| Up and under lacrosse | Gymnastics real PE 1 | Dance real PE  | Gymnastics real PE unit 2 | Outdoor adventurous activities | Real PE unit 6 fitness |

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| B | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| Reception | Real PE CORE unit 1 – personal  | Up and under multi skills | Up and under striking and fielding games | Real PE core unit 4 | Real PE core unit 5 | Real PE unit 6 fitness |
| Year 1 and 2 | Real PE CORE unit 1 – personal | Real PE CORE unit 2 - social | Real PE CORE unit 3 - cognitive | Real PE CORE unit 4 creative | Real PE CORE unit 5 physical | Real PE unit 6 fitness |
| Real PE gymnastics unit 1 | Up and under wall and net games | Up and under striking and fielding games | Real PE dance | Real PE gymnastics unit 2 | Athletics (sports day prep) / team building games |
| Year 3 and 4 | Swimming | Swimming | Real PE CORE unit 3 - cognitive | Real PE CORE unit 4 creative | Real PE CORE unit 5 physical | Real PE unit 6 fitness |
| Real PE CORE unit 1 - personal | Real PE CORE unit 2- social | Real PE gymnastics | Up and under football | Up and under athletics | Real PE dance |
| Year 5 and 6 | Real PE CORE unit 1 - personal | Real PE CORE unit 2- social | Real PE CORE unit 3 - cognitive | Real PE CORE unit 4 creative | Real PE CORE unit 5 physical | Up and under rounders |
| Up and under hockey | Gymnastics real PE 1 | Dance real PE  | Gymnastics real PE unit 2 | Athletics  | Real PE unit 6 fitness |