

Durdan's Park P.E and Sport Curriculum Matrix 2019/2020

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Real PE (Fundamental Movement Skills) Coordination (foot work) Static Balance		Real PE (Fundamental Movement Skills) Dynamic Balance to Agility Static Balance		Real PE (Fundamental Movement Skills) Dynamic Balance Static Balance		Real PE (Fundamental Movement Skills) Coordination (ball skills) Counter Balance		Real PE (Fundamental Movement Skills) Coordination (sending and receiving) Agility (Reaction and response)		Real PE (Fundamental Movement Skills) Agility (ball chasing) Static Balance (floor work)	
Year 1	Real PE (Fundamental Movement Skills) Coordination (foot work) Static Balance	Multi-skills	Real PE (Fundamental Movement Skills) Dynamic Balance to Agility Static Balance	Multi-skills	Real PE (Fundamental Movement Skills) Dynamic Balance Static Balance	Gymnastics / Dance	Real PE (Fundamental Movement Skills) Coordination (ball skills) Counter Balance	Dodgeball	Real PE (Fundamental Movement Skills) Coordination (sending and receiving) Agility (Reaction and response)	Athletics	Real PE (Fundamental Movement Skills) Agility (ball chasing) Static Balance (floor work)	Cricket
Year 2	Real PE (Fundamental Movement Skills) Coordination (foot work) Static Balance	Multi-skills	Real PE (Fundamental Movement Skills) Dynamic Balance to Agility Static Balance	Multi-skills	Real PE (Fundamental Movement Skills) Dynamic Balance Static Balance	Dodgeball	Real PE (Fundamental Movement Skills) Coordination (ball skills) Counter Balance	Cricket (West Middlesex Cricket Coaches)	Real PE (Fundamental Movement Skills) Coordination (sending and receiving) Agility (Reaction and response)	Athletics	Real PE (Fundamental Movement Skills) Agility (ball chasing) Static Balance (floor work)	Gymnastics / Dance
Year 3	Real PE (Fundamental Movement Skills) Coordination (foot work) Static Balance	Hockey	Real PE (Fundamental Movement Skills) Dynamic Balance to Agility Static Balance	Netball	Real PE (Fundamental Movement Skills) Dynamic Balance Coordination (ball skills)	Gymnastics / Dance	Real PE (Fundamental Movement Skills) Coordination (ball skills) Counter Balance	Tennis	Real PE (Fundamental Movement Skills) Coordination (sending and receiving) Agility (Reaction and response)	Football	Real PE (Fundamental Movement Skills) Agility (ball chasing) Static Balance (floor work)	Athletics
Year 4	Real PE (Fundamental Movement Skills) Coordination (foot work) Static Balance	Hockey	Real PE (Fundamental Movement Skills) Dynamic Balance to Agility Static Balance	Netball	Real PE (Fundamental Movement Skills) Dynamic Balance Coordination (ball skills)	Gymnastics / Dance	Real PE (Fundamental Movement Skills) Coordination (ball skills) Counter Balance	Tennis	Real PE (Fundamental Movement Skills) Coordination (sending and receiving) Agility (Reaction and response)	Football	Real PE (Fundamental Movement Skills) Agility (ball chasing) Static Balance (floor work)	Athletics
Year 5	Real PE (Fundamental Movement Skills) Coordination (ball skills) Agility (Reaction and response)	Rugby	Real PE (Fundamental Movement Skills) Static Balance Seated/floor work	Basketball	Real PE (Fundamental Movement Skills) Dynamic Balance Counter balance	Cricket (West Middlesex Cricket Coaches)	Real PE (Fundamental Movement Skills) Dynamic Balance to Agility Static Balance	Badminton	Real PE (Fundamental Movement Skills) Coordination (Footwork) Static Balance	Athletics	Real PE (Fundamental Movement Skills) Agility (ball chasing) Coordination (sending and receiving)	Football
Year 6	Real PE (Fundamental Movement Skills) Coordination (ball skills) Agility (Reaction and response)	Rugby	Real PE (Fundamental Movement Skills) Static Balance Seated/floor work	Basketball	Real PE (Fundamental Movement Skills) Dynamic Balance Counter balance	Football	Real PE (Fundamental Movement Skills) Dynamic Balance to Agility Static Balance	Badminton	Real PE (Fundamental Movement Skills) Coordination (Footwork) Static Balance	Athletics	Real PE (Fundamental Movement Skills) Agility (ball chasing) Coordination (sending and receiving)	Orienteering