

Real PE	Dance	Skills 11 & 12 Ball chasing, reaction, response and agility	Skills 10 & 7 Footwork and counter balance, coordination	Skills 3 & 4 Static balance, floorwork and stance	Skill 5 & 6 Dynamic balance jumping and landing + on the line	Skills 1 & 2 Static balance one leg and seated
PE	Tennis	Netball	REAL GYM	Orienteering	Football	Athletics
PSHE - LIFEWISE	Personal hygiene Vaccinations and diseases Anger, fear and mindfulness Exercise Safety with household meds Change is good	Self worth Self image Autism different not less Different kinds of friendship Sun safety	Staying safe online Power of words: STOP Social media body confidence Fairtrade: working together Global warming - what can we do to help? Celebrating women in history: Traditional roles	British Values - Democracy and law British Values -culture and liberty Relationships with others Gender My body, your body - keeping healthy	Helping others to get help Who can we trust Separation and divorce	Growth mindset The world of work Problem solving and time management