

EYFS Autumn 1

Physical Development

RealPE scheme of learning theme: 'Personal skills'; footwork and one-leg balance

'Waver Workouts' to develop strength in arms and core muscles

'Funky Fingers' activities to strengthen fine-motor skills

Climbing, bicycle riding, throwing and catching

Taking measured risks and challenging ourselves



EYFS Autumn 1

Physical Development

RealPE scheme of learning theme: 'Social skills'; jumping and landing, and seated balances

Large scale movements and challenges to develop gross-motor strength in arms and core muscles




'Funky Fingers' activities to strengthen fine-motor skills

Climbing, balancing, moving in a variety of ways


Taking measured risks and challenging ourselves



Year 1 Autumn 1

	PE	
	<p>Indoor PE- Focus will be on ourselves, developing independence, awareness of safety and following instructions. We will complete a unit on footwork trying to move in different ways with fluency and control, e.g., side stepping using either foot to lead, galloping with either leg to lead, hopping on either leg, skipping, hopscotch forwards and backwards and pivoting whilst side stepping. The second unit we will complete is static balances e.g., standing still on one leg for 30 seconds and squatting on one leg.</p>	
	<p>Outdoor PE- Children will be developing their throwing and catching skills. Children will start by rolling a ball and bouncing a ball to themselves before working with a partner to develop accuracy in throwing and catching different balls from different distances. Children will also experiment with different types of throwing a ball to see which method is more effective in different situations.</p>	
warm up	stretch	co-ordination

Year 1 Autumn 2

	PE -
	<p>Indoor PE- Dance- Fireworks stimulus Vocabulary: movement, sequence, perform, pattern, body shapes.</p>
	<p>Outdoor PE- Real PE Unit 2 - Jumping and Landing and Static Balance Vocabulary: jump, forwards, backwards, one foot, two feet, side to side, turn, quarter turn, landing, freeze, tucked jump.</p>

PE-Real PE- Personal skills



- I try several times if at first I don't succeed.
- I can work on simple tasks by myself.
- I can follow instructions and practise safely.

balance	physical	coordination	review
footwork	skills	persevere	warm-up

PE-Dance

You will be learning to master basic movements and showing that you can join in with physical activity both independently and within a group.

You will perform dances using simple movements, joining each section together with travelling movements and finishing with a group motif.

combine	co-operative	express	independent	motif
movement	perform	sequence	travel	warm-up

PE-Real PE- Social skills



- You will learn to show patience and support others, listening well to them about your work. You should be happy to show and tell your peers about your ideas.
- You will learn to praise and encourage others in their learning.
- You will be asked to work sensibly with

others, taking turns and sharing.

agility	balance	jump	land	listening
praise	seated	sharing	social	taking turns

Year 3 Autumn 1

PE

Your Real PE unit is on Wednesdays this half-term and it is based on the Personal cog. You will learn to follow instructions, set your own targets and maintain performance under pressure. You will also be creating your own rainforest dance on a Thursday, by showing creativity in developing a range of movements.



persevere

pivot

hopscotch

zigzag

mirror

Year 3 Autumn 2



PE

Your Real PE unit on Monday this half-term is based on the Social cog. You will learn to cooperate with others and help to guide a small group through a task. You will be developing flexibility, strength and balance in gymnastics on Mondays.





cooperate	agility	rotation
patience	static balance	flexibility

Year 4 Autumn 1

<u>Outdoor PE – Hockey</u>	
<p>This half term you will be learning how to play hockey. First, you will learn how to hold the stick correctly and travel with it safely. Next, you will work on passing, sending and receiving the ball with increasing accuracy. Following this, you will practise shooting, scoring and playing as part of a team.</p>	
<p><u>Key vocabulary:</u> Score, Opposition, Marking, Goal, Defend, Attack, Tactics, Ball control, Speed, Space, Direction, Turn, Stop, Possession, Control, React, Roll, Skill, Run, Dribble, Get in line, First touch, Aiming, Accuracy, Passing, Send</p>	
<u>Indoor P.E. – Coordination and balance</u>	
<p>This half term, you will be following the Personal unit of the Real PE programme. You will develop and apply your footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.</p>	
<p><u>Key vocabulary:</u> React, Challenge, Pattern, Speed, Heel Raises, Feedback, Improve</p>	

Year 4 Autumn 2

<u>P.E. – Real PE</u>		
In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.		
<u>Key vocabulary:</u> Agility, carefully, cooperate, dynamic balance, sideways, raising, maintain, static balance, strain		
<u>PE – Tag rugby</u>		
This half term you will learn to play tag rugby; a non-contact form of rugby. During outdoor PE sessions, you will wear tag belts and play in small teams. You will learn the rules of this sport; develop the skills of passing the ball and reaching a target.		
<u>Key vocabulary:</u> Tag, belt, try, target, pass, intercept, throw, catch, restart and line.		

PE – Personal Cog and Quidditch

On a Friday you will develop the skills that are required to play Quidditch. You will apply these skills to play Quidditch against your class mates.

Real PE sessions will take place on a Wednesday. This half term you will focus on the personal cog. These sessions will involve you developing your coordination and agility skills. Throughout all sessions, it will be important for you to consider your strengths and weaknesses.



Key Vocabulary:

- Coordination - the ability to use the different parts of your body together efficiently
- Agility - the ability to move quickly and easily
- Defending - when a team is trying to prevent the other team from scoring

PE – Social Cog and Dance

The Real PE unit on Fridays is based on the social cog. You will learn how to cooperate and negotiate with others and how to give and receive helpful feedback. You will be working with others to use your core strength and balance to cross a river. On Wednesdays, you will be collaborating with your peers to create a dance performance displaying a variety of elements.

Key Vocabulary:

- cooperate - work together towards an end goal
- negotiate - reaching an agreement or compromise through discussion
- feedback - giving information about a person's performance as a basis for improvement
- flexibility - the range of movement that is possible at a joint
- technique - skill and ability that you develop through training and practice



Year 6 Autumn 1

P.E. - Netball

On a Tuesday, you will be practising your invasion games strategies to pass and shoot the ball correctly in a team situation when you play Netball. You will practise chest, lob, shoulder, bounce and overhead passes.

Key vocabulary: bounce, chest, lob, shoulder, overhead, shoot, score, positions, court, net bounce, serve, pivot, coordination, reaction, response

