

EYFS Spring 1

## Physical Development

RealPE scheme of learning theme: 'Cognitive skills'; dynamic and static balances

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




Climbing on the large apparatus in a variety of ways,  
challenging ourselves and taking measured risks

Developing fine motor control over tools such as tweezers, cutlery,  
pencils and paintbrushes



## Year 1 Spring 1



**PE -**

**Indoor PE- Gymnastics using mats and apparatus**

Benches	Agility tables	Mats	Landing
Safety	Sequence	Turns	Movements

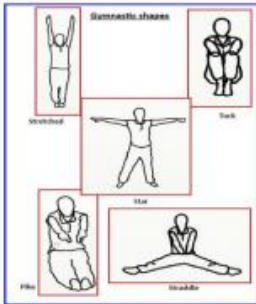
**Outdoor PE- Real PE Unit 3: Dynamic and static balances**

Balance	Movement	Forwards	Backwards
Fluidity	Stance	Low beam	Strength

## Year 2 Spring 1


### P.E - Gymnastics

In Gymnastics, you will be focusing on and learning the correct and safe technique to perform different rolls such as log roll, teddy-bear roll and forward roll.



action	balance	control	curl
direction	movement	roll	sequence
shape	speed	tense	travel


### P.E – Real PE




In real PE sessions, you will learn to recognise similarities and differences in performance. You will learn to explain why someone is working or performing well.


balance	circuit	collaborate	dynamic
movement	skills	stance	transfer

## Year 3 Spring 1

<b>PE</b>			
<p>You will be improving your basketball skills on <u>Wednesday</u> this half term, by learning to accurately pass and receive a ball, dribble and shoot. Your Real PE unit will be on <u>Mondays</u> and is based on the cognitive cog. You will begin to order instructions, movements and skills.</p>			
			
dribble	bounce	possession	travelling
defend	challenge	fluidity	dynamic balance

## Year 4 Spring 1

	<p style="text-align: center;"><b><u>P.E. - Real PE</u></b></p> <p>In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.</p> <p><b><u>Key vocabulary:</u></b> improvement, angle, fluidly, attacking, defending, complete, increasing</p>
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<p><b><u>PE - Dance - The Water Cycle</u></b></p>	
<p>This Y4 dance unit will teach you a range of different dance techniques, with the aim of producing an interesting and varied dance phrase that represents the water cycle. In each session, you will explore a different stage of the water cycle and will practise and apply dance techniques. You will learn a variety of skills: to design your own dance phrases; link and combine movements; perform with expression; respond to a changing stimulus; create and perform a dance phrase using a range of techniques.</p> <p><b><u>Key vocabulary:</u></b> Improvisation, Stimuli, Movement phrases, Patterns, Unison, Canon, Repetition, Dance motif, Levels, Directions, Speed, Dynamics, Focus.</p>	

Year 5 Spring 1

## PE – Cognitive Cog and Gymnastics

On a Wednesday, you will be learning how to safely use gymnastic equipment and learning how to balance, climb and perform skills. The Real PE unit is on a Friday this half-term and is based on the cognitive cog. You will develop and apply your stance and footwork through focused skill development sessions, modified/non-traditional games and sports

### 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 which is used as a basis for improvement
- balance - the ability to stay upright or stay in control of body movement
- flexibility - the range of movement that is possible at a joint
- technique - skill and ability that you develop through training and practice



Year 6 Spring 1

### P.E. - Tag Rugby/Real P.E.

On a Tuesday, you will be learning how to throw the ball, tackle and defend the ball in the game of rugby. You shall then apply these skills in game situations.

In Real P.E, you will be focusing on the social cog where you shall be learning how to discuss your own techniques, cooperative with others and discuss roles within a team. You will be practising your balance and gymnastic techniques whilst working as a team to get from one side of the hall to the other.

**Key Vocabulary:** tackle, tag, defend, agility, backwards, teamwork, cooperation, sportsmanship, balance, core, strengths, communication, problem solve

