



Odd year	Autumn 1 Happy and Healthy	Autumn 2 Superheroes/People who help us	Spring 1 Castles	Spring 2 All creatures great and small	Summer 1 Once upon a time	Summer 2 Summer
Topic focus	Gymnastics	Dance	Gymnastics	Dance	Indoor games	Outdoor Games
Teach children to acquire skills by copying actions , repeating actions and skills and moving with control and care Teach children to evaluate and improve by Talking about what they have done and describing what other people did Teach children about health and fitness by describing how their body feels before during and after.						
Early Years	Knowledge and skills development Up steps and stairs Climb up apparatus using alternate feet Skip, hop, stand on one leg, hold a pose like musical statues Develop physical skills to task and activities crawl walk or run across a plank Review, refine fundamental movements such as crawling rolling running Develop overall body strength balance agility	Use large muscles movements to wave flags streamers Progress to a more fluent style of movement developing control and grace Combine different movements with ease and fluency	Up steps and stairs Climb up apparatus using alternate feet Skip, hop, stand on one leg, hold a pose like musical statues Develop physical skills to task and activities crawl walk or run across a plank Review, refine fundamental movements such as crawling rolling running Develop overall body strength balance agility	Use large muscles movements to wave flags streamers Progress to a more fluent style of movement developing control and grace Combine different movements with ease and fluency	Confidently safely use a range of small and larger apparatus Develop overall body strength coordination balance and agility to engage in future physical education sessions such as sports and gym Confidently and safely use large and small apparatus Develop and refine a range of ball skills throwing kicking passing Develop confidence competence precision and accuracy in activities that involve a ball Move energetically Strength, balance and coordination Space and obstacles	
Real PE - Reception	<b>Unit 1- The Birthday Bike Surprise -Pirate Pranks!</b>	<b>Unit 2- Journey to the Blue Planet -Monkey Business!</b>	<b>Unit 3- Tilly the Train's Big Day -Thembi Walks the Tightrope</b>	<b>Unit 4- Clowning Around! -Wendy's Water-Ski Challenge</b>	<b>Unit 5-John and Jasmine Learn to Juggle -Ringo to the Rescue</b>	<b>Unit 6-Sammy Squirrel and his Rolling Nuts - Casper the Very Clever Cat</b>
Vocabulary	up down feet stand hop skip jump crawl walk run climb dance balance still ,stop ,start	move wave movement dance feel listen copy	up down feet stand hop skip jump crawl walk run climb dance balance still ,stop ,start	move wave movement dance feel listen copy	pass aim Throw roll kick hand feet accurate control	
Y1	Knowledge and skills development Make their bodies tensed relaxed curled and stretched Control their body when balancing Copy sequences and repeat them travelling Roll in different ways Travel in different ways Balance in different ways Climb safely Stretch in different ways Curl in different ways	Move to music Copy dance moves Perform some dance moves Make up a short dance Move around the space safely	Make their bodies tensed relaxed curled and stretched Control their body when balancing Copy sequences and repeat them travelling Roll in different ways Travel in different ways Balance in different ways Climb safely Stretch in different ways Curl in different ways	Move to music Copy dance moves Perform some dance moves Make up a short dance Move around the space safely	Throw underarm Roll a piece of equipment Move and stop safely Catch soft equipment with both hands such as bean bags, sponge balls, quoits Throw in different ways Include team games involving relay and running and small equipment	Throw underarm Roll a piece of equipment Move and stop safely hit a ball with a bat Kick in different ways Throw in different ways include team games football etc
Real PE	<b>Unit 1- The Birthday Bike Surprise -Pirate Pranks!</b>	<b>Unit 2- Journey to the Blue Planet -Monkey Business!</b>	<b>Unit 3- Tilly the Train's Big Day -Thembi Walks the Tightrope</b>	<b>Unit 4- Clowning Around! -Wendy's Water-Ski Challenge</b>	<b>Unit 5-John and Jasmine Learn to Juggle -Ringo to the Rescue</b>	<b>Unit 6-Sammy Squirrel and his Rolling Nuts - Casper the Very Clever Cat</b>
Y2	Knowledge and skills development Plan and show a sequence of movements Use contrast in their sequences are their movements controlled Think of more than one way to create a sequence that follows a set of rules Work on their own and with a partner to create a sequence	Dance imaginatively change rhythm speed level direction Dance with control and coordination Make a sequence by linking sections together Link some movements to show a mood or feeling	Plan and show a sequence of movements Use contrast in their sequences are their movements controlled Think of more than one way to create a sequence that follows a set of rules Work on their own and with a partner to create a sequence	Dance imaginatively change rhythm speed level direction Dance with control and coordination Make a sequence by linking sections together Link some movements to show a mood or feeling	Use hitting kicking rolling in a game Stay in a zone during a game Decide where the best place is to be during a game Use 1 tactic in a game Follow rules	
Real PE Link	<b>Unit 1- Coordination(Footwork) -Static Balance(one leg)</b>	<b>Unit 2-Dynamic Balance to Agility(Jumping/Landing) -Static Balance(Seated)</b>	<b>Unit 3- Dynamic Balance(on a line) -Static Balance(stance)</b>	<b>Unit 4-Coordination(Ball Skills) -Counter Balance(With a partner)</b>	<b>Unit 5- Coordination(Sending/Receiving) -Agility(Reaction/Response)</b>	<b>Unit 6- Agility(Ball chasing) -Static Balance(Floor Work)</b>
KS1	Vocabulary	body part names relax tense curl stretch control, sequence, repeat balance climb safely travelling <b>rhythm speed direction level control coordination</b>	body part names relax tense curl stretch control, sequence, repeat balance climb safely travelling <b>rhythm speed direction level control coordination</b>	body part names relax tense curl stretch control, sequence, repeat balance climb safely travelling <b>rhythm speed direction level control coordination</b>	body part names relax tense curl stretch control, sequence, repeat balance climb safely travelling <b>rhythm speed direction level control coordination</b>	Throw ,catch hit strike push pull kick stop start under arm over arm equipment team pass

Even year		Autumn 1 Marvellous Me	Autumn 2 Celebrations	Spring 1 Perfect Pirates	Spring 2 Amazing Animals	Summer 1 Out of this world	Summer 2 Let's go
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