

Physical Education (PE) Year Planner

Year 1

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE Unit	Real PE Unit 1 Personal	Real PE Unit 2 Social	Real PE Unit 3 Cognitive	Real PE Unit 4 Creative	Real PE Unit 5 Physical	Real PE Unit 6 Health and Fitness
REAL PE Warm Up x 2 (Mon) See REAL PE planning	Bike adventure Pirate adventure	Moon adventure Fun in the jungle	Train Adventure Line Out	Clown's Naughty Ball Off to the Seaside	Circus Training School Land of the Beans	The Hair, Scary Woods Little Kitties Time to Play
Fundamental Skills (Mon – Weds) See REAL PE planning	Coordination: Footwork (FUNS 10) Static Balance: One leg (FUNS 1)	Dynamic Balance to Agility: Jumping and Landing (FUNS 6) Static Balance: Seated (FUNS 2)	Dynamic Balance: On a line (FUNS 5) Static Balance: Stance (FUNS 4)	Coordination: Ball Skills (FUNS 9) Counter Balance: with a partner (FUNS 7)	Coordination: Sending and Receiving (FUNS 8) Agility: Reaction/Response (FUNS 12)	Agility: Ball chasing (FUNS 11) Static Balance: Floor Work (FUNS 3)
REAL PE Cog Learning Focus	I try several times if at first I don't succeed and I ask for help when appropriate EXC I can follow instructions, practise safely and work on simple tasks by myself EXP I enjoy working on simple tasks with help WT	I can help praise and encourage others in their learning EXC I can work sensibly with others, taking turns and sharing EXP I can play with others and take turns and share with help W	I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well EXC I can understand and follow simple rules and can name	I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme EXC I can explore and describe different movements EXP I can observe and copy others WT	I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed EXC I can perform a single skill or movement with some control. I can perform a small range of skills and	I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely EXC I am aware of why exercise is important for good health EXP I am aware of the changes to the way

			some things I am good at EXP		link two movements together EXP I can move confidently in different ways WT	I feel when I exercise WT
Traditional PE (Thursday)	REAL Gym (Personal) Shape and Travel	Ball skills – Netball (catching/throwing)	Real Dance (Cognitive)	Ball skills (Football) – footwork	Ball skills/agility (Kwik cricket)	Athletics
Sequence of Lessons	<ol style="list-style-type: none"> 1. Shape travel – mirror mirror. 2. Shape – low apparatus – shape off 3. Shape – large apparatus – Hide and seek 4. Travel floor work – tree hop 5. Travel – low apparatus – Jungle trip 6. Travel – high apparatus – Follow my leader. 	<ol style="list-style-type: none"> 1. To move a ball. 2. To roll a ball 3. To bounce a ball 4. To throw a ball 5. To play a game against others. 6. To find a way to win games. 	<ol style="list-style-type: none"> 1. Shapes solo – give your dance a shape. 2. Artistry Musicality - Feel the Beat, Feel the Rhythm 3. Partnering Shapes - With two, Dancing is Twice as Good. 4. Circles solo – turning, jumping, moving. 5. Artistry abstraction – Follow the silk. 6. Artistry making, show us your best 	<ol style="list-style-type: none"> 1. To move into a space. 2. To move with a ball. 3. To roll, kick and carry a ball. 4. To stop a ball using your foot. 5. To move towards a goal to defend it. 6. To compete against others to defend it. 	<ol style="list-style-type: none"> 1. Move a ball 2. Throw a ball at a target. 3. To catch a ball 4. To hit a ball 5. To work with others. 6. To compete with others. 	<ol style="list-style-type: none"> 1. To move into a space 2. To control your body and equipment by throwing, running and jumping. 3. To land safely when jumping. 4. To run and jump on the balls of your feet. 5. To show a correct throw technique. 6. To compete against yourself and others.
Fitness Friday Links to 5 ways to well-being.	Wk 1 – Circuit Training Wk 2 – CosmicYoga Wk 3 – Meadow run Wk 4 – Ball games Wk 5 – Joe Wicks Wk 6 – Skipping	Wk 1 – Circuit Training Wk 2 – CosmicYoga Wk 3 – Meadow run Wk 4 – Ball games Wk 5 – Joe Wicks Wk 6 – Skipping	Wk 1 – Circuit Training Wk 2 – CosmicYoga Wk 3 – Meadow run Wk 4 – Ball games Wk 5 – Joe Wicks Wk 6 – Skipping	Wk 1 – Circuit Training Wk 2 – CosmicYoga Wk 3 – Meadow run Wk 4 – Ball games Wk 5 – Joe Wicks Wk 6 – Skipping	Wk 1 – Circuit Training Wk 2 – CosmicYoga Wk 3 – Meadow run Wk 4 – Ball games Wk 5 – Joe Wicks Wk 6 – Skipping	Wk 1 – Circuit Training Wk 2 – CosmicYoga Wk 3 – Meadow run Wk 4 – Ball games Wk 5 – Joe Wicks Wk 6 – Skipping
Vocabulary	REAL PE + Traditional: balance,	REAL PE + Traditional:	REAL PE + Traditional: balance, dynamic, static balance,	REAL PE + Traditional: coordination, ball skills, counter	REAL PE + Traditional: coordination, agility, sending and	REAL PE + Traditional: REAL PE + Traditional:

	<p>coordination, static, fluency, march, stand, run, bounce, sideways, forwards, backwards, pivot, control, side step, gallop, hop, skip, bend, lean, instruction, stand, still, hold, listening, partner,</p> <p>Gymnastics: star, tuck, straight, shapes, floor work, apparatus, safely, climbing, travel, large, small, posture,</p>	<p>take turns, sharing, sensible, help, jumping, landing, balance, coordination, agility, static, fluency, control, forwards, backwards, side to side, bend, swing, squeeze, tucked, narrow, seated balance, hands, feet,</p> <p>Netball Ball, control, balance, throw, catch, aim, accuracy, pass, roll, team, teamwork, get in line, space.</p>	<p>instructions, simple rules, march, crawl, walk, follow, forewords, backwards, slow, quick, still, straight, line, minimum wobble, fluidity, control, stance, stand, balls of feet, mirror, movements, bend, lift, partner, line, tightrope,</p> <p>Dance: floor shape, standing shape, solo, partner, balance, control, minimum wobble, landing, smooth, moves, movement, artistry, fluency, sequence,</p>	<p>balance, partner, movements, observe, copy, explore, roll, move, take turns, contact, ball, slowly, quickly, sit, upper body, lean, side to side, forwards, backwards,</p> <p>Ball Skills: throw, hands ready, catch, roll, watch, kick, aim, bounce, target, count, control,</p>	<p>receiving, reaction, response, perform, skill, movement, confidently, ball, roll, obstacle, bounce, catch, partner, rebound, collect, run, forward, quickly, signal, slow down, stop, throw, drop,</p> <p>Cricket: throwing, batting, catching, explore the game, experiment, striking, long barrier, teamwork, get in line, communication, tracking the ball, wickets, wicket keeper, feeder, fielder, underarm.</p>	<p>agility, ball chasing, static balance, floor work, fitness, exercise, healthy, good health, roll, ball, partner, stop, walk, run, skip, chase, collect, opposite, direction, balanced, position, still, move, crawl, lift, reach, point, mini-front support,</p> <p>Athletics. Throwing, running, jumping, personal best, speed, competition, races, distance, measuring.</p>
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