

REAL PE scheme of work



EYFS

Unit 1

Personal

Follow Instructions

This unit focuses on developing every child's ability to follow instructions and practise safety.

 Coordination Footwork
 Static Balance One Leg Balance
 Bike
 Pirate





In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games.

Unit 2

Social

Play with Others

This unit focuses on developing every child's ability to play with others and share.

 Dynamic Balance to Agility Jumping and Landing
 Static Balance Seated Balance
 Space
 Jungle





In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games.

Unit 3

Cognitive

Follow Rules

This unit focuses on developing every child's ability to follow simple instructions and rules.

 Dynamic Balance Dynamic Balance
 Static Balance Stance
 Train
 Tightrope





In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games.

Unit 4

Creative

Observe and Copy

This unit focuses on developing every child's ability to observe and copy different movements.

 Coordination Ball Skills
 Counter Balance Counter Balance
 Clown
 Seaside





In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games.

Unit 5

Physical

Move In Different Ways

This unit focuses on developing every child's ability to explore and move confidently in different ways.

 Coordination Sending and Receiving
 Agility Reaction / Response
 Juggling
 Fairytale





In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games.

Unit 6

Health and Fitness

Exercise and Good Health

This unit focuses on developing every child's ability to be aware of the impact of exercise.

 Agility Ball Chasing
 Static Balance Floor Work
 Squirrel
 Cat

In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games.

Unit 1



Stay on Task

This unit focuses on developing every child's ability to focus and stay on task.



Coordination
Footwork



Static Balance
One Leg Balance



Bike



Pirate

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, thematic stories and games.

Unit 2



Understand Others

This unit focuses on developing every child's ability to take turns and encourage others.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance



Space



Jungle

In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, thematic stories and games.

Unit 3



Observe and Describe

This unit focuses on developing every child's ability to name some things they are good at.



Dynamic Balance
Dynamic Balance



Static Balance
Stance



Train



Tightrope

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused skill development sessions, thematic stories and games.

Unit 4



Explore and Describe

This unit focuses on developing every child's ability to explore and describe different movements.



Coordination
Ball Skills



Counter Balance
Counter Balance



Clown



Seaside

In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused skill development sessions, thematic stories and games.

Unit 5



Control Movement

This unit focuses on developing every child's ability to perform a range of skills with control and consistency.



Coordination
Sending and Receiving



Agility
Reaction / Response



Juggling



Fairytale

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, thematic stories and games.

Unit 6



Exercise and the Body

This unit focuses on developing every child's ability to express how their body feels before, during and after exercise.



Agility
Ball Chasing



Static Balance
Floor Work



Squirrel



Cat

In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, thematic stories and games.

Year 2

Unit 1



Keep Trying

This unit focuses on developing every child's ability to keep trying and persevere with a task.



Coordination
Footwork



Static Balance
One Leg Balance

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, cooperative and competitive games.

Unit 2



Help and Encourage

This unit focuses on developing every child's ability to help, praise and encourage others.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance

In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, cooperative and competitive games.

Unit 3



Understand Performance

This unit focuses on developing every child's ability to recognise similarities and differences in performance.



Dynamic Balance
Dynamic Balance



Static Balance
Stance

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused skill development sessions, cooperative and competitive games.

Unit 4



Link Movements

This unit focuses on developing every child's ability to select and link different movements together using a stimuli.



Coordination
Ball Skills



Counter Balance
Counter Balance

In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused skill development sessions, cooperative and competitive games.

Unit 5



Sequence Movements and Skills

This unit focuses on developing every child's ability to sequence different movements and skills together.



Coordination
Sending and Receiving



Agility
Reaction / Response

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, cooperative and competitive games.

Unit 6



Practise Safely

This unit focuses on developing every child's ability to use equipment appropriately and move and land safely.



Agility
Ball Chasing



Static Balance
Floor Work

In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, cooperative and competitive games.

Year 3

Unit 1



Personal

Know Where I am in my Learning

This unit focuses on developing every child's ability to know where they are in their learning and use this to help improve their performance through practice.



Coordination
Footwork



Static Balance
One Leg Balance

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

Unit 2



Social

Share Ideas

This unit focuses on developing every child's ability to have the confidence to share their ideas in different ways.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance

In this unit, the children will develop and apply their jumping and landing and seated balance focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

Unit 3



Cognitive

Recognise Success

This unit focuses on developing every child's ability to identify and explain things they are doing well.



Dynamic Balance
Dynamic Balance



Coordination
Ball Skills

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 Personal Best challenges.

Unit 4



Creative

Respond Differently

This unit focuses on developing every child's ability to respond differently to different tasks or activities.



Coordination
Sending and Receiving



Counter Balance
Counter Balance

In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

Unit 5



Physical

Perform and Repeat

This unit focuses on developing every child's ability to perform and repeat different movements and sequences with control and consistency.



Agility
Reaction / Response



Static Balance
Floor Work

In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

Unit 6



Health
and
Fitness

Know How and Why the Body Changes

This unit focuses on developing every child's ability to describe how and why their body changes during and after exercise.



Agility
Ball Chasing



Static Balance
Stance

In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.

Year 4

Unit 1



Accept Challenge

This unit focuses on developing every child's ability to challenge themselves in order to improve and cope well when tasks become challenging.



Coordination
Footwork



Static Balance
One Leg Balance

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.

Unit 2



Support Others

This unit focuses on developing every child's ability to show patience, listen to and support others.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance

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.

Unit 3



Identify Areas to Improve

This unit focuses on developing every child's ability to identify specific areas they need to improve in.



Dynamic Balance
Dynamic Balance



Coordination
Ball Skills

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.

Unit 4



Recognise and Respond

This unit focuses on developing every child's ability to recognise similarities and differences in movement/expression and use this to inform their ideas.



Coordination
Sending and Receiving



Counter Balance
Counter Balance

In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.

Unit 5



Select and Apply

This unit focuses on developing every child's ability to successfully select and apply different skills with control and consistency.



Agility
Reaction / Response



Static Balance
Floor Work

In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.

Unit 6



Prepare for Activity

This unit focuses on developing every child's ability to understand why and how to prepare for and recover from activity.



Agility
Ball Chasing



Static Balance
Stance

In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.

Year 5

Unit 1



Personal

React Positively to Challenge

This unit focuses on developing every child's ability to see new challenges as opportunities to learn and develop.



Coordination
Ball Skills



Agility
Reaction / Response

In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 2



Social

Provide Helpful Feedback

This unit focuses on developing every child's ability to give helpful feedback to help others improve.



Dynamic Balance
Dynamic Balance



Counter Balance
Counter Balance

In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 3



Cognitive

Judge Performance

This unit focuses on developing every child's ability to understand ways to judge performance.



Static Balance
Stance



Coordination
Footwork

In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 4



Creative

Express Ideas

This unit focuses on developing every child's ability to link actions and create sequences that express their ideas.



Static Balance
Seated Balance



Static Balance
Floor Work

In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 5



Physical

Combining Skills in Specific Contexts

This unit focuses on developing every child's ability to use combinations of skills in specific contexts.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
One Leg Balance

In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 6



Health
and
Fitness

Describe Basic Fitness Components

This unit focuses on developing every child's ability to understand and describe the basic fitness components.



Coordination
Sending and Receiving



Agility
Ball Chasing

In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Year 6

Unit 1



Personal

Consistently Try to Improve

This unit focuses on developing every child's ability to try to improve through perseverance and regular practice.



Coordination
Ball Skills



Agility
Reaction / Response

In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 2



Social

Organise and Guide Others

This unit focuses on developing every child's ability to organise roles and responsibilities within a group.



Dynamic Balance
Dynamic Balance



Counter Balance
Counter Balance

In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 3



Cognitive

Make Good Decisions

This unit focuses on developing every child's ability to use their awareness of space/others to make good decisions.



Static Balance
Stance



Coordination
Footwork

In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 4



Creative

Adapt/Change Activities

This unit focuses on developing every child's ability to change tactics, rules or tasks to make activities more fun or challenging.



Static Balance
Seated Balance



Static Balance
Floor Work

In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 5



Physical

Link Actions to Flow

This unit focuses on developing every child's ability to accurately perform different movements and actions together so that flow.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
One Leg Balance

In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.

Unit 6



Health
and
Fitness

Monitor Activity

This unit focuses on developing every child's ability to monitor and record their activity.



Coordination
Sending and Receiving

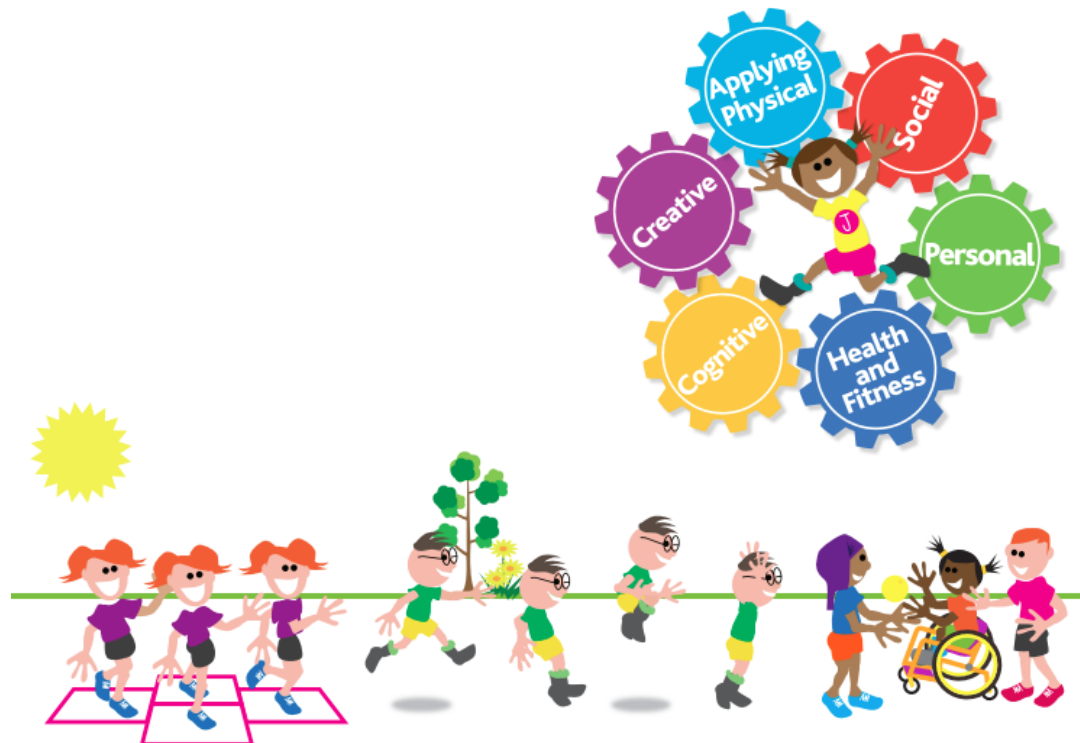


Agility
Ball Chasing

In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.



Progression of Skills





TAKE RESPONSIBILITY FOR MY LEARNING

I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes.



LEAD OTHERS

I can involve others and motivate those around me to perform better.



APPLY WITH CONSISTENCY

I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations.



↑ ANALYSE PERFORMANCE

I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop.



VARIETY AND DISGUISE

I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience.



PLAN MY OWN FITNESS

I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme.

↑ EMBRACE CHALLENGE

I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets.

IMPROVE OTHERS

I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately.

COMBINE WITH FLUENCY

I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations.

↑ MAKE GOOD DECISIONS

I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents.

EXPRESS, ADAPT AND ADJUST

I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others.

PREPARE MYSELF FOR ACTIVITY

I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity.

Expected - End of Upper Key Stage 2

↑ CONSISTENTLY TRY TO IMPROVE

I cope well and react positively when things become difficult. I can persevere with a task and improve my performance through regular practice.

ORGANISE AND GUIDE OTHERS

I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.

LINK WITH QUALITY

I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.

Expected - End of Upper Key Stage 2

↑ DESCRIBE HOW TO IMPROVE

I can review, analyse and judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions.

REFINE AND CHANGE

I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.

EXPLAIN HOW TO EXERCISE

I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.

Expected - End of Lower Key Stage 2

↑ TAKE CONTROL

I know where I am with my learning and I have begun to challenge myself.

WORK WELL WITH OTHERS

I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas.

PERFORM WITH CONTROL

I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency.

Expected - End of Lower Key Stage 2

↑ EXPLAIN WHY

I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement.

RECOGNISE AND RESPOND

I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression.

EXPLAIN WHY

I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down.

Expected - End of Key Stage 1

↑ KEEP TRYING

I try several times if at first I don't succeed and I ask for help when appropriate.

HELP AND ENCOURAGE

I can help, praise and encourage others in their learning.

PERFORM SIMPLE SEQUENCES

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.

Expected - End of Key Stage 1

↑ RECOGNISE AND ORDER

I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.

COMPARE AND DEVELOP

I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.

PRACTISE SAFELY

I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.

↑ STAY ON TASK

I can follow instructions, practise safely and work on simple tasks by myself.

UNDERSTAND OTHERS

I can work sensibly with others, taking turns and sharing.

PERFORM SINGLE SKILLS

I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.

↑ OBSERVE AND DESCRIBE

I can understand and follow simple rules. I can name some things I am good at.

EXPLORE AND DESCRIBE

I can explore and describe different movements.

EXPLAIN BENEFITS OF EXERCISE

I am aware of why exercise is important for good health.

↑ STAY ON TASK WITH HELP

I enjoy working on simple tasks with help.

PLAY WITH OTHERS WITH HELP

I can play with others and take turns and share with help.

TRAVEL IN DIFFERENT WAYS

I can move confidently in different ways.

↑ FOLLOW INSTRUCTIONS

I can follow simple instructions.

OBSERVE AND COPY

I can observe and copy others.

DESCRIBE SIMPLE CHANGES

I am aware of the changes to the way I feel when I exercise.

