



REAL P.E.

There are six key areas or multi-abilities which underpin learning in REAL PE. These are transferable to the learning in all other areas of the wider curriculum. We refer to these areas as COGS. These are:

Personal Skills

Social Skills

Cognitive Skills

Physical Skills

Creative Skills

Knowledge of Health and Fitness

Learning experiences are focussed specifically upon each COG in turn over each curricular year, and are revisited often. This is coupled with a clear focus upon fundamental skills, with sessions allowing a progression of skills to be practiced before applying in adapted traditional and non-traditional games.

Physical sessions are designed to promote ambitious learning with personalised outcomes. Success and failure is reviewed collaboratively and celebrated. Learners are encouraged to give feedback to others in order to become confident peer coaches. Through the use of choice and personal best challenges, children are expected to take an active responsibility for their learning journey.

Complete P.E.

Complete P.E. is an interactive primary Physical Education resource designed to support the implementation of a high quality Physical Education curriculum. Schools can select the content that meets their pupils needs to ensure that all pupils have access to a progressive, broad and balanced curriculum.

The success criteria within each of the sequences of learning encompass physical, cognitive, social and emotional successes. Every success outcome is carefully aligned with the national curriculum.



REAL P.E (Fundamental Movement Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|--|--|--------|---|--------|--|--------|
| <p>1)Static Balance: One leg On both legs: 1. Stand still for 10 seconds.</p> | <p>1)Static Balance: One leg On both legs: 1. Stand still for 30 seconds. 2. Complete 5 mini-squats</p> | | <p>1)Static Balance: One leg On both legs: 1. Stand still for 30 seconds with eyes closed. 2. Complete 5 squats. 3. Complete 5 ankle extensions.</p> | | <p>1)Static Balance: One leg On both legs: 1. Stand still on uneven surface for 30 seconds. 2. Stand still on uneven surface for 30 seconds with eyes closed. 3. Complete 10 squats into ankle extensions. 4. Complete 5 squats with eyes closed.</p> <p>On both legs: 1. Complete 5 ankle extensions with eyes closed. 2. Complete 10 squats into ankle extensions with eyes closed. 3. Complete above 2 challenges on uneven surface with eyes open. 4. Complete first 2 challenges on uneven surface with eyes closed.</p> <p>On both legs: 1. Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand. 2. Perform above challenge with eyes closed. 3. Stand on uneven surface and place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</p> | |



REAL P.E (Fundamental Movement Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|--|---|---|---|---|---|
| <p>2)Static Balance: Seated.</p> <p>1. Balance with both hands/ feet down.</p> <p>2. Balance with 1 hand / 2 feet down.</p> <p>3. Balance with 2 hands / 1 foot down.</p> <p>4. Balance with 1 hand / 1 foot down.</p> <p>5. Balance with 1 hand or 1 foot down.</p> <p>6. Balance with no hands or feet down.</p> | <p>2)Static Balance: Seated.</p> <p>1. Pick up a cone from one side, swap hands and place it on the other side.</p> <p>2. Return the cone to the opposite side.</p> | <p>2)Static Balance: Seated.</p> <p>1. Pick up a cone from one side and place it on the other side with same hand.</p> <p>2. Return it to the opposite side using the other hand.</p> <p>3. Sit in a dish shape and hold it for 5 seconds.</p> | <p>2)Static Balance: Seated.</p> <p>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</p> <p>3. Hold a V-shape with straight arms and legs for 10 seconds.</p> <p>1. Reach and pick up cones from in front, to the side and from behind.</p> <p>2. Reach and pick up cones from in front, to the side and from behind with eyes closed.</p> <p>3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</p> <p>4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</p> <p>1. Reach and pick up cones on the floor whilst on a bench, without losing balance.</p> <p>2. Turn 360° in either direction, first on the floor then on a bench.</p> <p>3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</p> <p>4. Reach and pick up cones on the floor whilst on an uneven surface.</p> | <p>2)Static Balance: Seated.</p> <p>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</p> <p>3. Hold a V-shape with straight arms and legs for 10 seconds.</p> <p>1. Reach and pick up cones from in front, to the side and from behind.</p> <p>2. Reach and pick up cones from in front, to the side and from behind with eyes closed.</p> <p>3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</p> <p>4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</p> <p>1. Reach and pick up cones on the floor whilst on a bench, without losing balance.</p> <p>2. Turn 360° in either direction, first on the floor then on a bench.</p> <p>3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</p> <p>4. Reach and pick up cones on the floor whilst on an uneven surface.</p> | <p>2)Static Balance: Seated.</p> <p>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</p> <p>3. Hold a V-shape with straight arms and legs for 10 seconds.</p> <p>1. Reach and pick up cones from in front, to the side and from behind.</p> <p>2. Reach and pick up cones from in front, to the side and from behind with eyes closed.</p> <p>3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</p> <p>4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</p> <p>1. Reach and pick up cones on the floor whilst on a bench, without losing balance.</p> <p>2. Turn 360° in either direction, first on the floor then on a bench.</p> <p>3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</p> <p>4. Reach and pick up cones on the floor whilst on an uneven surface.</p> | <p>2)Static Balance: Seated.</p> <p>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</p> <p>3. Hold a V-shape with straight arms and legs for 10 seconds.</p> <p>1. Reach and pick up cones from in front, to the side and from behind.</p> <p>2. Reach and pick up cones from in front, to the side and from behind with eyes closed.</p> <p>3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</p> <p>4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</p> <p>1. Reach and pick up cones on the floor whilst on a bench, without losing balance.</p> <p>2. Turn 360° in either direction, first on the floor then on a bench.</p> <p>3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</p> <p>4. Reach and pick up cones on the floor whilst on an uneven surface.</p> |



REAL P.E (Fundamental Movement Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|--|--|---|--------|--------|--------|
| <p>3)Static Balance: Floorwork.</p> <ol style="list-style-type: none"> 1. Hold mini-front support position. 2. Reach round and point to ceiling with either hand in mini-front support | <p>3)Static Balance: Floorwork.</p> <ol style="list-style-type: none"> 1. Place cone on back and take it off with other hand in minifront support. 2. Hold mini-back support position. 3. Place cone on tummy and take it off with other hand in miniback support. | <p>3)Static Balance: Floorwork.</p> <ol style="list-style-type: none"> 1. Hold full front support position. 2. Lift 1 arm and point to the ceiling with either hand in front support. 3. Transfer cone on and off back in front support. | <p>3)Static Balance: Floorwork.</p> <ol style="list-style-type: none"> 1. Transfer tennis ball on and off back in a front support. 2. Transfer cone on and off tummy in back support. 3. Transfer tennis ball on and off tummy in back support. <p><i>1. Hold front support position with only 1 foot in contact with floor and transfer cone on and off back.</i></p> <p><i>2. Rotate fluently from front support to back support, and then continue rotating with fluency.</i></p> <p>1. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back.</p> <p>2. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.</p> | | | |



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| <p>4)Static Balance: Stance. 1. Stand on line with good stance for 10 seconds.</p> | <p>4)Static Balance: Stance. 1. Stand on low beam with good stance for 10 seconds.</p> | | <p>4)Static Balance: Stance. 1. Receive a small force from various angles. 2. Raise alternate feet 5 times. 3. Raise alternate knees 5 times. 4. Catch ball at chest height and throw it back.</p> | | <p>4)Static Balance: Stance. 1. Raise alternate knees to opposite elbow 5 times. 2. Catch large ball thrown at knee height and above head. 3. Catch large ball thrown away from body. 4. Catch small ball thrown close to and away from body.</p> <p>1. Throw and catch 2 small balls alternately, using both hands, both close to and away from body. 2. Strike small ball back to a partner with a racket. 3. Strike a small ball back to a partner from across body with a racket.</p> <p>1. Throw and catch small ball, catching across body with either hand. 2. Throw and catch 2 balls alternately, catching across body with either hand. 3. Volley large ball back to a partner with either foot.</p> | |



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| <p>5)Dynamic Balance: On a line</p> <p>1. Walk forwards with fluidity and minimum wobble.</p> <p>2. Walk backwards with fluidity and minimum wobble.</p> | <p>5)Dynamic Balance: On a line</p> <p>1. Walk fluidly, lifting knees to 90°.</p> <p>2. Walk fluidly, lifting heels to bottom.</p> | <p>5)Dynamic Balance: On a line</p> <p>1. March, lifting knees and elbows up to a 90° angle.</p> <p>2. Walk fluidly with heel to toe landing.</p> <p>3. Walk fluidly, lifting knees and using heel to toe landing Walk fluidly, lifting heels to bottom and using heel to toe landing.</p> | <p>5)Dynamic Balance: On a line</p> <p>1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.</p> <p>2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).</p> <p>3. Lunge walk forwards, bringing opposite elbow up to a 90° angle.</p> <p>4. Complete all red challenges with eyes closed.</p> <p>1. Sidestep in both directions.</p> <p>2. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots.</p> <p>3. Move sideways, stepping across body (lateral step-over).</p> <p>4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat).</p> <p>5. Complete blue challenges then above challenges with eyes closed.</p> <p>1. Lunge walk backwards.</p> <p>2. Lunge walk backwards with opposite elbow at 90°.</p> <p>3. Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°.</p> <p>4. Perform above challenges with eyes closed.</p> | | | |



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| <p>6)Dynamic Balance: Jumping and landing.</p> <p>1. Jump from 2 feet to 2 feet forwards, backwards and sideto-side.</p> | <p>6)Dynamic Balance: Jumping and landing.</p> <p>1. Jump from 2 feet to 2 feet with quarter turn in both directions.</p> <p>2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</p> | <p>6)Dynamic Balance: Jumping and landing.</p> <p>1. Jump from 2 feet to 2 feet with 180° turn in either direction.</p> <p>2. Complete a tucked jump.</p> <p>3. Complete a tucked jump with 180° turn in either direction.</p> | | | <p>6)Dynamic Balance: Jumping and landing.</p> <p>1. Jump 2 feet to 2 feet forwards, backwards and side-to-side.</p> <p>2. Hop forward and backwards, freezing on landing.</p> <p>3. Jump 1 foot to other forwards and backwards, freezing on landing.</p> <p>4. Hop sideways, raising knee and freezing on landing.</p> <p>5. Jump 1 foot to other sideways, raising knee and freeze on landing.</p> <p>1. Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).</p> <p>2. Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).</p> <p>3. Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).</p> <p>1. Jump from vertical stance forwards into lunge position while holding ball off centre (both sides).</p> <p>2. Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).</p> <p>3. Jump 2 feet to 2 feet with 360° turn (in both directions).</p> | |



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| <p>7)Counter Balance: In pairs</p> <p>1. Sit holding hands with toes touching, lean in together then apart.</p> <p>2. Sit holding 1 hand with toes touching, lean in together then apart.</p> <p>3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.</p> | <p>7)Counter Balance: In pairs</p> <p>1. Hold on and, with a long base, lean back, hold balance and then move back together.</p> <p>2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</p> | <p>7)Counter Balance: In pairs</p> <p>1. Hold on and, with a short base, lean back, hold balance and then move back together.</p> <p>2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</p> <p>3. Perform above challenges with eyes closed.</p> | <p>7)Counter Balance: In pairs</p> <p>1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</p> <p>2. Stand on 1 leg while holding on to partner's opposite foot.</p> <p>1. Complete all blue challenges with eyes closed.</p> <p>2. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together.</p> <p>3. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.</p> <p>1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position.</p> <p>2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.</p> | | | |



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| <p>8)Counter Balance: Sending and receiving.</p> <ol style="list-style-type: none"> 1. Roll large ball and collect the rebound. 2. Roll small ball and collect the rebound. 3. Throw large ball and catch the rebound with 2 hands. | <p>8)Counter Balance: Sending and receiving.</p> <ol style="list-style-type: none"> 1. Throw tennis ball, catch rebound with same hand after 1 bounce. 2. Throw tennis ball, catch rebound with same hand without a bounce. 3. Throw tennis ball, catch rebound with other hand after 1 bounce. 4. Throw tennis ball, catch rebound with other hand without a bounce. 5. Strike large, soft ball along ground with hand 5 times in a rally. | <p>8)Counter Balance: Sending and receiving.</p> <ol style="list-style-type: none"> 1. Strike a ball with alternate hands in a rally. 2. Kick a ball with the same foot. 3. Kick a ball with alternate feet. <p>Roll 2 balls alternately using both hands, sending 1 as the other is returning.</p> | <p>8)Counter Balance: Sending and receiving.</p> <ol style="list-style-type: none"> 1. Alternately throw and catch 2 tennis balls against a wall. 2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 3. Throw 2 tennis balls against a wall in a circuit, in both directions. <p>1. With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.</p> <p>2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.</p> <p>1. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously.</p> <p>2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.</p> | | | |



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|--|--|--|--|--------|--------|--------|
| <p>9)Coordination: Ball skills.</p> <p>1. Sit and roll a ball along the floor around body using 2 hands.</p> <p>2. Sit and roll a ball along the floor around body using 1 hand (right and left).</p> <p>3. Sit and roll a ball down legs and around upper body using 2 hands.</p> <p>4. Stand and roll a ball up and down legs and round upper body using 2 hands.</p> | <p>9)Coordination: Ball skills.</p> <p>1. Sit and roll a ball up and down legs and round upper body using 1 hand.</p> <p>2. Stand and roll a ball up and down legs and round upper body using 1 hand.</p> | <p>9)Coordination: Ball skills.</p> <p>In 20 seconds or less:</p> <p>1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).</p> <p>2. Move a ball round waist 17 times.</p> <p>3. Stand with legs apart and move a ball around alternate legs 16 times.</p> | <p>9)Coordination: Ball skills.</p> <p>In 20 seconds or less:</p> <p>1. Stand with legs apart and move ball in figure of 8 around both legs 12 times.</p> <p>2. Move ball around waist into figure of 8 around both legs 10 times.</p> <p>3. Move ball around waist and then around alternate legs 12 times.</p> <p>4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.</p> <p>In 20 seconds or less:</p> <p>1. Stand with legs apart and complete 20 front to back catches with a bounce in between.</p> <p>2. Perform above 30 times without ball bouncing in between.</p> <p>3. Complete above tasks with head up throughout.</p> <p>4. Complete 11 overhead throw and catches.</p> <p>In 20 seconds or less:</p> <p>1. Complete 12 long circle (forwards and then backwards).</p> <p>2. Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).</p> | | | |



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|---|---|---|--|--------|--------|--------|
| <p>10)Coordination: Footwork.</p> <ol style="list-style-type: none"> 1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. Skip. | <p>10)Coordination: Footwork.</p> <ol style="list-style-type: none"> 1. Combine side-steps with 180° front pivots off either foot. 2. Combine side-steps with 180° reverse pivots off either foot. 3. Skip with knee and opposite elbow at 90° angle. 4. Hopscotch forwards and backwards, hopping on the same leg (right and left). | <p>10)Coordination: Footwork.</p> <ol style="list-style-type: none"> 1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forwards. 3. Move in a 3-step zigzag pattern backwards. | <p>10)Coordination: Footwork.</p> <ol style="list-style-type: none"> 1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. 2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction. <p>1. Move in 3-step zigzag pattern while alternating knee raise and foot behind.</p> <p>2. Move backwards in-3 step zigzag pattern with cross-over (swerve).</p> <p>3. Move backwards in 3-step zigzag pattern with knee raise across body.</p> <p>1. Move backwards in 3-step zigzag pattern with foot behind.</p> <p>2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind.</p> | | | |



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| <p>11)Agility: Ball chasing.</p> <p>1. Roll a ball, chase and collect it in balanced position facing opposite direction.</p> <p>2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p> | <p>11)Agility: Ball chasing.</p> <p>1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</p> <p>2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</p> | <p>11)Agility: Ball chasing.</p> <p>1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>3. Complete above challenges with tennis ball.</p> | | | <p>11)Agility: Ball chasing.</p> <p>1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.</p> <p>2. Perform above challenge with tennis ball.</p> <p>3. Roll and chase large ball, stopping it with head in front support position facing opposite direction.</p> <p>1. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce.</p> <p>2. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.</p> <p>1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce.</p> <p>2. Perform above challenge but catch ball on instep of foot and lower it to the ground.</p> | |



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|--|--|--|--|--|--|--|
| <p>12)Agility: Reaction and response. From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces. 2. React and catch large ball dropped from shoulder height after 1 bounce.</p> | <p>12)Agility: Reaction and response. From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce.</p> | <p>12)Agility: Reaction and response. From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p> | <p>12)Agility: Reaction and response. From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p> | <p>12)Agility: Reaction and response. From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p> <p>From 1, 2 and 3 metres: 1. React to call from partner when they drop a ball, turn and catch it after 1 bounce. 2. Perform above challenge but react to sound of the bounce rather than call.</p> <p>From 1, 2 and 3 metres: 1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. 2. Perform above challenge but react to sound of bounce rather than call. 3. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.</p> | <p>12)Agility: Reaction and response. From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p> <p>From 1, 2 and 3 metres: 1. React to call from partner when they drop a ball, turn and catch it after 1 bounce. 2. Perform above challenge but react to sound of the bounce rather than call.</p> <p>From 1, 2 and 3 metres: 1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. 2. Perform above challenge but react to sound of bounce rather than call. 3. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.</p> | <p>12)Agility: Reaction and response. From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p> <p>From 1, 2 and 3 metres: 1. React to call from partner when they drop a ball, turn and catch it after 1 bounce. 2. Perform above challenge but react to sound of the bounce rather than call.</p> <p>From 1, 2 and 3 metres: 1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. 2. Perform above challenge but react to sound of bounce rather than call. 3. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.</p> |



Complete P.E (Progression of Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|--|--|--|--|--|---|--|
| <p>Ball Skills Hands 1 Explore pushing, rolling and bouncing. Explore bouncing into space. Combine pushing and rolling.</p> | <p>Ball Skills Hands 1 Introduce sending (bouncing) with control. Introduce aiming with accuracy. Introduce power and speed when sending a ball. Introduce/develop stopping, combining sending skills. Combine sending and receiving skills</p> | <p>Ball Skills Hands 1 Develop dribbling /passing & receiving. Combine dribbling, passing & receiving, keeping possession. Develop dribbling/passing & receiving to score a point. Combine dribbling, passing & receiving to score a point.</p> | <p>Basketball Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting.</p> | <p>Basketball Refine dribbling. Refine passing and receiving. Refine passing and dribbling, creating space. Refine passing and dribbling, creating shooting opportunities. Introduce marking.</p> | <p>Basketball Recap and refine dribbling and passing to create attacking opportunities. Develop marking. Refine shooting. Refine attacking skills, passing, dribbling and shooting. Introduce officiating.</p> | <p>Basketball Consolidate keeping possession, develop officiating. Consolidate defending. Create, understand and apply attacking tactics in game situations. Create, understand and apply defending tactics in game situations.</p> |
| <p>Game for Understanding Taking turns/keeping the score. Understanding and playing by the rules</p> | <p>Locomotion/Ball Skills Hands Explore running. Apply running into a game. Explore running at different speeds. Introduce sending with control. Introduce aiming with accuracy. Introduce power & speed when sending a ball.</p> | <p>Games for Understanding Attacking/defending as a team. Understanding the transition between defence and attack. Create and apply attacking/ defensive tactics.</p> | <p>Dodgeball Developing changing direction. Introduce throwing with accuracy. Introduce catching. Develop moving, changing direction at speed. Combine throwing and dodging.</p> | <p>Dodgeball Introduce jumping and ducking. Develop throwing with accuracy and power over an increased distance. Develop catching. Consolidate dodging, jumping and ducking into games. Combine dodging, catching and throwing.</p> | <p>Dodgeball Introduce blocking. Consolidate catching. Understand where we throw and why we need to throw with accuracy and power. Explore basic attacking and defending tactics.</p> | <p>Dodgeball Consolidate/understanding attacking and defending tactics. Transition between attack and defence. Applying the rules: Officiating games Managing tactics and officiate games.</p> |



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| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|---|--|--|---|---|--|
| <p>Locomotion: Walking / Jumping Explore/develop jumping. Sustain walking.</p> | <p>Locomotion: Running/Jumping Explore running. Running for speed: Acceleration. Explore running in a team. Develop jumping. Explore how jumping affects our bodies.</p> | <p>Locomotion: Jumping Consolidate jumping. Apply jumping into a game. Explore jumping combinations. Develop jumping combinations.</p> | <p>Athletics Explore running for speed. Explore acceleration. Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance. Standing long jump.</p> | <p>Athletics Develop running at speed. Exploring our stride pattern. Exploring running at pace. Understand and apply tactics when running for distance. Introduce the Javelin. Standing triple jump</p> | <p>Athletics Finishing a race. Evaluating our performance. Sprinting: My personal best. Relay changeovers Introduce the Shot Put. Introducing the hurdles.</p> | <p>Athletics Running for speed competition. Running for distance competition. Throwing competition Jumping competition.</p> |
| <p>Ball Skills Hands 2 Explore throwing overarm and underarm. Explore rolling, stopping a ball and catching.</p> | <p>Ball Skills Hands 2 Introduce throwing with accuracy. Apply throwing with accuracy in a team. Introduce stopping a ball. Develop sending (rolling) skills to score a point. Consolidate sending and stopping to win a game.</p> | <p>Ball Skills Hands 2 Develop underarm throwing. Apply underarm throwing to win a game. Apply underarm throwing to beat an opponent. Introduce overarm throwing.</p> | <p>Cricket Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm. Introduce catching. Striking with intent.</p> | <p>Cricket Develop an understanding of batting and fielding. Introduce bowling underarm. Develop stopping and returning the ball. Develop retrieving and returning the ball. Striking the ball at different angles and speeds.</p> | <p>Cricket Refine batting, understand and develop batting and bowling tactics. Refine fielding stooping, catching and throwing. Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring</p> | <p>Cricket Consolidate batting/fielding/bowling. Create, understand and apply attacking /defensive tactics in game.</p> |



Complete P.E (Progression of Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|--|--|---|--|---|---|--|
| <p>Dance Responding in movement to words and music. Creating their own movement. Moving in sequence. Exploring character movements.</p> | <p>Dance Responding to rhythm. Introduction to motifs. Creating motifs. Creating movement sequences. Relationships and performance. Exploring expression Developing our movements, adding movements together. Responding to a rhythm: Introducing partner work. Creating animal sequence motifs. Exploring relationships within our motifs.</p> | <p>Dance Responding to stimuli. Developing whole group movement. Improvisation and physical descriptions. Creating contrasting movement sequences.</p> <p>Responding to stimuli. Developing our motif with expression and emotion. Applying choreography in our motifs. Extending our motifs sequences, relationships and performance.</p> | <p>Dance Responding to stimuli. Developing character dance into a motif. Developing sequences with a partner in character that show relationships. Extending sequences with a partner in character.</p> <p>Responding to stimuli, extreme weather. Developing thematic dance into a motif. Extending dance to create sequences with a partner. Developing sequences with a partner.</p> | <p>Dance Responding to stimuli working together. Extending sequences with a partner in character. Exploring two contrasting relationships and interlinking dance moves.</p> <p>Extending sequences with a partner in character. Developing sequences with a partner in character that show relationships and interlinking dance moves. Sequences, relationships, choreography and performance.</p> | <p>Dance Exploring a theme (Greeks) using compositional principles. Extending sequences with a partner using compositional principles. Creating movement using improvisation where movement is reactive.</p> <p>Developing character movements linked to 19th century prejudices. Creating movements to represent different characters and performers in a 19th century circus. Extending our Performance incorporating props and apparatus linked to the variety of performers.</p> | <p>Dance Performing with technical control and rhythm in a group. Creating rhythmic patterns using the body. Experiencing dance from a different culture. Chorographical elements including still imagery.</p> <p>Creating rhythmic patterns using our body. Extending our choreography through controlled movements, character emotion and expression. Explore the relationships between characters applying character emotion and expression.</p> |



Complete P.E (Progression of Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|--|--|---|---|---|---|---|
| <p>Ball Skills Feet Explore and develop moving with a ball using our feet. Understand dribbling. Develop dribbling against an opponent.</p> | <p>Ball Skills Feet Develop moving the ball using the feet. Apply dribbling into games. Consolidate dribbling. Explore kicking (passing) Apply kicking (passing) to score a point.</p> | <p>Ball Skills Feet Develop dribbling/passing/receiving, keeping possession. Combine dribbling, passing and receiving, keeping possession/to score a point. Apply dribbling, passing and receiving as a team to score a point.</p> | <p>Football Introduce/develop dribbling keeping control Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving and dribbling</p> | <p>Football Refine dribbling. Turning - Refine passing and receiving. Develop passing and dribbling creating space. Introduce shooting.</p> | <p>Football Refine dribbling and passing to maintain possession. Introduce and develop defending. Develop shooting. Refine attacking skills, passing, dribbling and shooting, introduce officiating.</p> | <p>Football Consolidate keeping possession, develop officiating. Consolidate defending. Organise formations and manage teams. Organise formations decide tactics, manage teams and officiate games.</p> |
| <p>Ball Skills Hands 1 Explore pushing and rolling. Combine pushing and rolling.</p> | <p>Ball Skills Hands 1 Introduce sending with control. Introduce aiming with accuracy. Introduce power and speed when sending a ball. Introduce/develop stopping, combining sending skills. Combine sending and receiving skills.</p> | <p>Ball Skills Hands 1 Develop passing and receiving. Combine passing and receiving, keeping possession. Develop passing and receiving to score a point. Combine passing and receiving to score a point.</p> | <p>Handball Introduce passing, receiving and creating space. Develop passing and moving. Combine passing and moving. Introduce shooting. Develop passing and shooting.</p> | <p>Handball Refine passing and receiving. Develop passing and creating space. Develop passing, moving and shooting. Combine passing and shooting. Introduce defending.</p> | <p>Handball Consolidate passing and receiving. Explore the function of other passes. Develop defending. Develop passing and creating space, introduce officiating. Refine shooting.</p> | <p>Handball Consolidate keeping possession, develop officiating. Understand and apply defending tactics in game situations. Consolidate defensive tactics; understand and apply defensive tactics in game scenarios.</p> |



Complete P.E (Progression of Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|---|---|--|--|---|---|
| <p>Game for Understanding Taking turns/keeping the score. Understanding and playing by the rules</p> | <p>Games for Understanding Understanding the principles of attack/defence. Applying attacking/defending principles into a game. Consolidate attacking/defending.</p> | <p>Games for Understanding Attacking/defending as a team. Understanding the transition between defence and attack. Create and apply attacking/defensive tactics.</p> | <p>Hockey Introduce dribbling; keeping control. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving and dribbling. Introduce shooting.</p> | <p>Hockey Refine dribbling & passing. Develop shooting; combine passing & dribbling to create shooting opportunities. Develop passing and dribbling creating space for attacking opportunities. Introduce defending; blocking & tackling.</p> | <p>Hockey Develop defending; block & tackling. Recap & refine dribbling & passing to create attacking opportunities. Refine attacking skills, passing, dribbling & shooting. Refine defending skills developing transition from defence to attack.</p> | <p>Hockey Consolidate keeping possession, develop officiating. Consolidate defending. Create, understand and apply attacking/defending tactics in game situations.</p> |
| <p>Locomotion: Walking Explore/develop walking in different pathways. Apply walking into a game.</p> | <p>Locomotion/Ball Skills Hands Explore running. Apply running into a game. Explore running at different speeds. Combine sending and receiving skills.</p> | <p>Locomotion/Ball Skills Hands Explore/develop dodging. Apply dodging; Explore attacking & defending. Apply dodging in teams. Develop passing & receiving. Combine passing & receiving, keeping possession. Combine passing and receiving to score a point.</p> | <p>Tag Rugby Introduce moving with the ball, passing and receiving. Introduce tagging. Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities.</p> | <p>Tag Rugby Develop passing, moving and creating space. Apply learning to 3v3 mini games. Develop defending in game situations. Combine passing and moving to create an attack and score.</p> | <p>Tag Rugby Refine passing and moving to create attacking opportunities. Explore different passes that can be used to outwit defenders. Refine defending as a team. Create and apply defending tactics. Develop officiating.</p> | <p>Tag Rugby Consolidate passing and moving. Consolidate defending. Create, understand and apply attacking/defending tactics in game situations. Consolidate attacking and defending in games.</p> |



Complete P.E (Progression of Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|---|---|--|--|---|--|
| <p>Ball Skills Hands 1 Explore pushing and rolling. Combine pushing and rolling.</p> | <p>Ball Skills Hands 1 Introduce sending with control. Introduce aiming with accuracy. Introduce power & speed when sending a ball. Introduce/develop stopping, combining sending skills. Combine sending & receiving skills</p> | <p>Ball Skills Hands 1 Develop passing and receiving. Combine passing and receiving, keeping possession. Develop passing and receiving to score a point. Combine passing and receiving to score a point.</p> | <p>Netball Introduce passing, receiving and creating space. Develop/combine passing and moving. Combine/develop passing and shooting.</p> | <p>Netball Refine passing and receiving. Develop passing and dribbling creating space. Develop passing, moving and shooting. Refine passing and shooting. Develop footwork.</p> | <p>Netball Refine passing and receiving. Apply passing, footwork and shooting into mini games, introduce officiating. Introduce defending. Explore the function of other passing styles.</p> | <p>Netball Consolidate keeping possession, develop officiating. Consolidate defending. Create, understand and apply attacking/defending tactics in game situations.</p> |
| <p>Ball Skills Hands 2 Explore throwing overarm and underarm. Explore rolling, stopping a ball and catching.</p> | <p>Ball Skills Hands 2 Introduce throwing with accuracy. Introduce stopping a ball. Develop sending (rolling) skills to score a point. Consolidate sending and stopping to win a game.</p> | <p>Ball Skills Hands 2 Introduce throwing with accuracy. Introduce stopping a ball. Develop sending (rolling) skills to score a point. Consolidate sending and stopping to win a game.</p> | <p>Tennis Introduction tennis, outwitting an opponent. Creating space to win a point. Consolidate how to win a game. Introduce rackets. Introduce the forehand.</p> | <p>Tennis Developing the forehand. Creating space to win a point using a racket. Introduce the backhand. Applying the forehand and backhand in game situations. Applying the forehand and backhand creating space to win a point.</p> | <p>Tennis Introduce/develop the volley. Controlling the game from the serve. Doubles, understanding and applying tactics to win a pint.</p> | <p>Tennis Game application, mixed ability doubles, round robin games.</p> |



Complete P.E (Progression of Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|---|--|---|--|--|---|
| <p>Gymnastics - High, Low, Over, Under Introduction to high, low, over and under. Introduction to the apparatus.</p> | <p>Gymnastics - Wide, Narrow, Curled Introduction to wide, narrow and curled. Exploring the difference between wide, narrow and curled. Transitioning between wide, narrow and curled movements. Linking two movements together.</p> | <p>Gymnastics - Linking Developing linking. Linking on apparatus. Jump, roll, balance sequences/on apparatus. Creation of sequences. Completion of sequences and performance.</p> | <p>Gymnastics Symmetry & Asymmetry. Introduction to symmetry and asymmetry. Application of learning onto apparatus. Sequence formation. Sequence completion.</p> | <p>Gymnastics Bridges. Introduction to bridges. Application of bridge learning onto apparatus. Develop sequences with bridges. Sequence formation. Sequence completion.</p> | <p>Gymnastics Counter Balance & Counter Tension. Introduction to counter balance. Application of counter balance learning onto apparatus. Sequence formation. Counter Tension. Sequence completion.</p> | <p>Gymnastics Matching & Mirroring. Introduction to matching/ mirroring. Application of matching/ mirroring learning onto apparatus. Sequence development.</p> |
| <p>Health and Wellbeing Play with friends. Take turns/sharing</p> | <p>Health and Wellbeing Introduce and explore agility. Introduce and explore balance. Introduce and explore coordination: Bouncing, rolling and throwing.</p> | <p>Health and Wellbeing Consolidate agility. Consolidate balancing: Explore balancing on apparatus. Introduce and explore coordination: Dribbling and kicking.</p> | <p>Health, Wellbeing & Fitness Exploring warm ups. Continuous training. Interval training.</p> | <p>Health, Wellbeing & Mindfulness Mental well-being. Mindfulness. Leadership. Exploring cool downs.</p> | <p>Health Related Exercise Cardio Fitness 1. Flexibility. Strength. Cardio Fitness 2</p> | <p>Health Related Exercise Cardio Fitness 1. Flexibility. Strength. Cardio Fitness 2</p> |



Complete P.E (Progression of Skills)

| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|--|--|--|---|--|--|
| <p>Ball Skills Hands 2 Explore throwing overarm and underarm. Explore rolling, stopping a ball and catching.</p> | <p>Ball Skills Hands 2 Introduce / apply throwing with accuracy, in a team. Introduce stopping a ball. Develop sending (rolling) skills to score a point. Consolidate sending & stopping to win a game.</p> | <p>Ball Skills Hands 2 Develop underarm throwing. Apply underarm throwing to win a game. Apply underarm throwing to beat an opponent. Introduce overarm throwing.</p> | <p>Rounders Introduction to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.</p> | <p>Rounders Develop fielding bowling with a backstop. Introduce batting; how. Develop batting; where and why. Introduce and apply basic fielding tactics.</p> | <p>Rounders Develop fielding tactics maximising players. Understand what happens if the batter misses the ball. Refine fielding tactics, what players where? Applying tactics in mini games.</p> | <p>Rounders Introduction to full rounders. Consolidate fielding tactics. Refine our understanding of what happens if the batter misses or hits the ball backwards. Batting considerations.</p> |
| <p>Games for Understanding Taking turns/keeping the score. Understanding and playing by the rules.</p> | <p>Team Building Introducing teamwork. Building trust and developing communication. Cooperation and communication.</p> | <p>Team Building Develop teamwork. Explore simple strategies. Problem solving. Consolidate teamwork.</p> | <p>Outdoor Adventurous Activity - Communication & Tactics. Creating & applying simple tactics. Developing leadership. Developing communication as a team / collaborate effectively as a team. Create defending & attacking tactics as a team.</p> | <p>Outdoor Adventurous Activity - Problem Solving. Focus on cooperation and responsibility. Develop communication & collaboration. Understand why motivating each other is important when working in a team.</p> | <p>Outdoor Adventurous Activity - Orienteering. Introduce the concept and meaning of orienteering. Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate.</p> | <p>Outdoor Adventurous Activity - Orienteering. Orientate a map and locate points on the map in a set order. Consolidate pupils understanding of how to orientate a map, locate points on the map, then travel to them, recording what they find.</p> |