

PE Curriculum End Points

Real PE

Real Gym

Real Dance

Enrichment

Athletics

Orienteering

Swimming



	Autumn Term	Spring Term	Summer Term
EYFS	<p>Real PE (unit 1) Personal</p> <p>Coordination: Footwork I can explore and experiment moving in different ways e.g. how to march, run and bounce on the spot on one and both legs. I can move forwards, backwards and sideways in different ways (driving arms forwards and backwards).</p> <p>Static Balance: One Leg I can explore how to balance on one leg.</p> <p>Real Gym (Unit 1) Fitness</p> <p>I can explore how to make shapes and hold balance with my body. I can move safely in and around low apparatus (shape, balance and travel).</p>	<p>Real PE- Unit 2 Social</p> <p>Dynamic Balance to Agility: Jumping and Landing I can explore and experiment how to jump and land from two feet to two feet in different ways.</p> <p>Static Balance: Seated I can explore how to balance in a seated position.</p> <p>Real Gym- Cognitive</p> <p>I can explore flight (landing techniques) and rotation (rolls).</p>	<p>Real Dance- Creative</p> <p>I can explore different standing and floor shapes with a partner and find interesting and inventive ways of moving between these shapes. I can put shapes into a repeatable sequence. I can explore the concept of circles and use circles to travel in different ways making basic turns and jumps. I can work with a partner to create and perform a final dance sequence. I can move to music.</p> <p>Real PE- Unit 5 Physical</p> <p>Coordination: Sending and Receiving I can explore and experiment how to roll, bounce and catch different sized and weighted balls.</p>

			<p>Agility: Reaction/Response</p> <p>I can explore running forward very quickly on a signal.</p> <p>I can explore different starting positions to see which works best.</p> <p>I can explore different ways to slow down and stop to see which works best.</p> <p>I can explore bouncing a big and small ball on the spot.</p> <p>I can throw a ball up high, let it bounce and move to catch it.</p>
Year 1	<p><u>AUTUMN 1</u></p> <p>Real PE Social</p> <p>Dynamic Balance to Agility: Jumping and Landing I can jump from 2 feet to 2 feet forwards, backwards and side to side.</p> <p>Static Balance: Seated I can sit in a seated position for 10 seconds and:</p> <ol style="list-style-type: none"> 1. Balance with both hands and feet touching the floor. 2. Balance with 1 hand and 2 feet touching the floor. 3. Balance with 2 hands and 1 foot touching the floor. 4. Balance with 1 hand and 1 foot touching the floor. 5. Balance with 1 hand or 1 foot down. 6. Balance with no hands or no feet touching the floor. 	<p><u>SPRING 1</u></p> <p>Real PE Creative</p> <p>Coordination: Ball Skills I can sit and roll a ball along the floor around my body using 2 hands. I can sit and roll a ball along the floor around my body using 1 hand (right and left). I can sit and roll a ball down to my toes and back up, then around my upper body using 2 hands. I can stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.</p> <p>Counter Balance: With a Partner I can sit holding hands with a partner with toes touching, leaning in together and then apart. I can sit holding 1 hand with a partner with toes touching, leaning in together then apart.</p>	<p><u>SUMMER 1</u></p> <p>Real PE Cognitive</p> <p>Dynamic Balance: On a Line I can walk forwards with fluidity and minimum wobble. I can walk backwards with fluidity and minimum wobble.</p> <p>Static Balance: Stance Maintaining balance throughout I can stand on a line with a good stance for 10 seconds.</p> <p>Premier Education- Tchoukball</p> <p>I can kneel on the floor with both knees and hold the ball in front of you with 2 hands. I can practise bouncing and catching the ball.</p> <p><u>SUMMER 2</u></p>

<p>Real Dance (Cog focus tbc through need of class)</p> <p>I can put standing, floor and circle shapes into a repeatable sequence. I can dance imaginatively changing rhythm, speed, level and direction. I can explore silk moves and link them with shapes and circles. I can perform a dance sequence with a partner.</p> <p><u>AUTUMN 2</u></p> <p>Real PE Physical</p> <p>Coordination: Sending and Receiving I can: 1. Roll a large ball and collect the rebound. 2. Roll a small ball and collect the rebound. 3. Throw a large ball and catch the rebound with 2 hands.</p> <p>Agility: Reaction/Response From 1, 2 and 3 metres I can: 1. React and catch a large ball dropped from shoulder height after 2 bounces. 2. React and catch a large ball dropped from shoulder height after 1 bounce.</p> <p>Real Gym (Cog focus tbc through need of class)</p>	<p>I can sit holding hands with a partner, toes touching and rock forwards, backwards and side to side.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can perform basic sequences with body shapes and balances on low and large apparatus, using space safely and recognising simple technical words (e.g. roll, travel and balance).</p> <p><u>SPRING 2</u></p> <p>Real PE Personal</p> <p>Coordination: Footwork I can side-step in both directions, gallop, leading with either foot, hop on either foot, and skip.</p> <p>Static Balance: One Leg I can maintain balance and on both legs stand still for 10 seconds.</p> <p>Real Dance (Cog focus tbc through need of class)</p> <p>I can perform a dance sequence with a partner using all previous skills learnt in last teaching sequence.</p>	<p>Real PE Health and Fitness</p> <p>Agility: Ball Chasing Over a distance of up to 10 metres and turning both ways: I can roll a ball, chase and collect it in a balanced position facing the opposite direction. I can chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction.</p> <p>Static Balance: Floor Work Maintaining balance throughout: I can hold mini- front support position. I can reach round and point to ceiling with either hand in mini- front support.</p> <p>Athletics/Sports Day</p> <p>I can use varying speeds when running. I can explore footwork patterns. I can explore arm mobility and different methods of throwing. I can practise short distance running.</p>
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	<p>I can learn different types of jumps (flight and landing) using floor, low and large apparatus. I can learn different rotations, rolls and spins on low and large apparatus.</p>		
Year 2	<p><u>AUTUMN 1</u></p> <p>Real PE – Unit 1 Personal</p> <p>Coordination: Footwork I can combine side-steps with 180° front pivots off either foot. I can combine side-steps with 180° reverse pivots off either foot. I can skip with knee and opposite elbow both at 90° angle. I can hopscotch forwards and backwards, hopping on the same leg (right and left).</p> <p>Static Balance: One Leg Maintaining balance and on both legs: I can stand still for 10 seconds and progress to complete 5 mini squats.</p> <p>Premier Education: Boccia A game of precision, skill, and tactics - get your ball as close to a white target ball as possible. Boccia is played by people of all ages and disabilities</p> <p><u>AUTUMN 2</u></p>	<p><u>SPRING 1</u></p> <p>Real PE – Unit 3 Cognitive</p> <p>Dynamic Balance: On a Line I can walk fluidly, lifting knees to 90 degrees and lifting heels to bottom.</p> <p>Static Balance: Stance Maintaining balance throughout: I can stand on a low beam with a good stance for 10 seconds.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can learn different types of jumps and leaps and begin to develop a sequence using a skipping rope when jumping and leaping. I can learn different roles and spins developing a sequence on low and large apparatus.</p> <p><u>SPRING 2</u></p> <p>Real PE – Unit 4 Creative</p> <p>Coordination: Ball Skills</p>	<p><u>SUMMER 1</u></p> <p>Real PE – Unit 5 Physical</p> <p>Coordination: Sending and Receiving I can throw a tennis ball and catch it with the same hand after 1 bounce. I can throw a tennis ball and catch it with the same hand without a bounce. I can throw a tennis ball and catch it with the other hand after 1 bounce. I can throw a tennis ball and catch it with the other hand without a bounce. I can strike a large, soft ball along the ground with my hand 5 times in a rally.</p> <p>Agility: Reaction/Response From 1, 2 and 3 metres: I can react and catch a tennis ball dropped from shoulder height after 1 bounce.</p> <p>Orienteering</p> <p>I can follow a simple route around the school grounds or a given outdoor space.</p> <p><u>SUMMER 2</u></p>

<p>Real PE – Unit 2 Social</p> <p>Dynamic Balance to Agility: Jumping and Landing I can jump from 2 feet to 2 feet with a quarter turn in both directions. I can stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</p> <p>Static Balance: Seated In a seated position with no hands or feet touching the floor: I can pick up a cone from one side, swap hands and place it on the other side. I can then return the cone to the opposite side.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can learn and explore points and patch balances using low and large apparatus. I can learn more complex travelling movements using feet, adding variety by combining with hand apparatus and using low and large apparatus.</p>	<p>I can sit and roll a ball up and down my legs and round my upper body using 1 hand. I can stand and roll a ball up and down my legs and round my upper body using 1 hand.</p> <p>Counter Balance: With a Partner I can hold on and, with a long base, lean back, hold balance and then move back together. I can hold on with one hand and, with a long base, lean back, hold balance and then move back together.</p> <p>Real Dance Creative (Cog focus tbc through need of class)</p> <p>I can put standing, floor and circle shapes into a repeatable sequence that can be remembered and repeated with a partner. I can consolidate partner skills, developing and defining moves. I can create a repeatable sequence linking silk moves with shapes and circles. I can create and final performance with a partner.</p>	<p>Real PE – Unit 6 Health and Fitness</p> <p>Agility: Ball Chasing Over a distance of up to 10 metres and turning both ways: Starting in a seated/lying position, I can throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction. Starting in a seated/lying position, I can chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.</p> <p>Static Balance: Floor Work Maintaining balance throughout: I can place a cone on back and take it off with other hand in mini- front support. I can hold mini- back support position. I can place cone on tummy and take it off with other hand in mini- back support.</p> <p>Athletics/Sports Day</p> <p>I can run with agility and confidence and run for distance. I can learn the best jumping techniques for distance. I can throw different objects in a variety of ways. I can hurdle an obstacle and maintain effective running style. I can complete an obstacle course with control and agility.</p>
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<p>Year 3</p>	<p><u>AUTUMN 1</u> Real PE Personal</p> <p>Coordination: Footwork</p> <p>I can hopscotch forwards and backwards, alternating my hopping leg each time. I can complete 3 step zigzag patterns forwards. And backwards.</p> <p>Static Balance: One Leg</p> <p>Maintaining balance and on both legs, I can stand still for 30 seconds with eyes closed, complete 5 squats and 5 ankle extensions.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can explore shapes and travel using different pathways to begin to link to create and develop sequences. I can consolidate and perform sequences using a variety of rotations, levels, speeds and directions.</p> <p><u>AUTUMN 2</u> Real PE Social</p>	<p><u>SPRING 1</u> Real PE- Cognitive</p> <p>Dynamic Balance: On a Line</p> <p>I can march lifting knees and elbows at a 90 degree angle. I can walk fluidly with heel to toe landing. I can walk fluidly, lifting knees and using heel to toe landing. I can walk fluidly, lifting heels to bottom and using heel to toe landing.</p> <p>Coordination: Ball Skills</p> <p>In less than 20 seconds: I can stand with my legs apart and move a ball around one leg 16 times (right and left leg). I can move a ball round my waist 17 times. I can stand with my legs apart and move a ball around alternate legs 16 times.</p> <p>Premier Education – Handball To become a good handball player, children will need to be skilled at passing, shooting, ball handling and more. But mastering these core skills is easier said than done, which is why we need effective drills for handball practice.</p> <p><u>SPRING 2</u></p>	<p><u>SUMMER 1</u> Real PE- Physical</p> <p>Agility: Reaction/Response</p> <p>From 1, 2 and 3 metres: I can react and catch tennis ball dropped from shoulder height after 1 bounce, balancing one 1 leg.</p> <p>Static Balance: Floor Work</p> <p>Maintaining balance throughout: I can hold full front support position. I can lift 1 arm and point to the ceiling with either hand in front support. I can transfer cone on and off back in front support.</p> <p>Orienteering</p> <p>I can orientate myself with increasing confidence and accuracy around a short trail.</p> <p>SUMMER 2 Real PE- Health and Fitness</p> <p>Agility: Ball Chasing</p>
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	<p>Dynamic Balance to Agility: Jumping and Landing</p> <p>I can jump from 2 feet to 2 feet with 180 degree turn in either direction. I can complete a tucked jump and a tucked jump with 180 degree turn in either direction.</p> <p>Static Balance: Seated</p> <p>In a seated position with no hands or feet touching the floor: I can pick up a cone from one side and places it on the other side with the same hand. I can then return it to the opposite side using the other hand. I can sit in a dish shape with straight arms and legs and hold it for 5 seconds.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can consolidate and perform sequences using a variety of jumps and leaps and directions, incorporating low apparatus. I can consolidate and perform sequences using a variety of balances, directions and levels.</p>	<p>Real PE- Creative</p> <p>Coordination: Sending and Receiving</p> <p>I can strike a ball with alternate hands in a rally. I can kick a ball with the same foot. I can kick a ball with alternate feet. I can roll 2 balls alternately using both hands, sending 1 as the other is returning.</p> <p>Counter Balance: With a Partner</p> <p>I can hold on and, with a short base, lean back, hold balance and then move back together. I can hold on with one hand and, with a short base, lean back, hold balance and then move back together. I can perform above challenges with eyes closed.</p> <p>Real Dance (Cog focus tbc through need of class)</p> <p>I can explore different ways of working with a partner to ensure better understanding of choreography making process and performance. I can consolidate skills and put into final dance sequence- floor, standing, circles, silk moves, repeatable sequence.</p>	<p>Over a distance of up to 10 metres and turning both ways: I can chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction. I can chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction. I can complete the above challenges with tennis ball.</p> <p>Static Balance: Stance</p> <p>Maintaining balance throughout: I can receive a small force from various angles. I can raise alternate feet 5 times. I can raise alternate knees 5 times. I can catch a ball at chest height and throw it back.</p> <p>Athletics</p> <p>I can run in different directions and at different speeds, using a good technique. I can improve throwing technique. I can reinforce jumping techniques. I understand the relay and passing the baton. I can choose and understand appropriate running techniques. I can compete in a mini competition, recording scores.</p>
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Year 4	<p>AUTUMN 1 Real PE Personal</p> <p>Coordination: Footwork</p> <p>I can combine 3-step zigzag patterns with cross-over (swerve) when I change my lead leg (crossing my back leg over my lead leg, planting it on the floor). I can move in a 3-step zigzag pattern, with a knee raise across my body just before I change lead leg and direction. I can move in a 3-step zigzag pattern, lifting my foot up behind me just before I change lead leg and direction.</p> <p>Static Balance: One Leg</p> <p>Maintaining balance and on both legs: I can stand still on an uneven surface for 30 seconds. I can stand still on an uneven surface for 30 seconds with eyes closed.</p>	<p>SPRING 1 Real PE Cognitive</p> <p>Dynamic Balance: On a Line</p> <p>I can walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing. I can lunge walk forwards (heel to bottom, knees up, extend leg forward and sink hips, heel to toe landing). I can lunge walk forwards, bringing opposite elbow up to a 90° angle. I can complete all red dynamic balance challenges with eyes closed.</p> <p>Coordination: Ball Skills</p> <p>In less than 20 seconds: I can stand with my legs apart and move a ball in a figure of 8 around both legs 12 times. I can move a ball around my waist into a figure of 8 around both legs 10 times.</p>	<p>SUMMER 1 Real PE Physical</p> <p>Agility: Reaction/Response</p> <p>From 1, 2 and 3 metres: I can react and step across body, bring hand across body and catch tennis ball after one bounce.</p> <p>Static Balance: Floor Work</p> <p>Maintaining balance throughout: I can transfer tennis ball on and off back in a front support. I can transfer cone on and off tummy in back support. I can transfer tennis ball on and off tummy in back support.</p> <p>Orienteering</p> <p>I can create a short trail for others with a physical challenge. I can start to recognise features of an orienteering course.</p>

<p>I can complete 10 squats into ankle extensions. I can complete 5 squats with eyes closed.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can consolidate and perform sequences using partner balances and transitions incorporating low apparatus. I can consolidate and perform sequences using a variety of rotations, levels, directions and speeds incorporating hand apparatus.</p> <p>AUTUMN 2</p> <p>Real PE Social</p> <p>Dynamic Balance to Agility: Jumping and Landing</p> <p>I can jump from 2 feet to 2 feet forwards, backwards and side-to-side. I can hop forward and backwards, freezing on landing. I can jump from 1 foot to the other forwards and backwards, freezing on landing. I can hop sideways, raising my knee and freezing on landing. I can jump from 1 foot to the other sideways, raising my knee and freezing on landing.</p>	<p>I can move a ball around my waist and then around alternate legs 12 times. I can stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>To consolidate and perform sequences using skills built up in previous teaching sequences.</p> <p>SPRING 2</p> <p>Real PE Creative</p> <p>Coordination: Sending and Receiving</p> <p>I can alternately throw and catch 2 tennis balls against a wall. I can throw 2 tennis balls against a wall and catch them with the opposite hand (cross-over). I can throw 2 tennis balls against a wall in a circuit, in both directions.</p> <p>Counter Balance: With a Partner</p> <p>I can stand on one leg holding with 1 hand, lean back, hold balance and then move back together. I can stand on 1 leg while holding on to partner's</p>	<p>SUMMER 2</p> <p>Real PE Health and Fitness</p> <p>Agility: Ball Chasing</p> <p>Over a distance of up to 10 metres and turning both ways: I can roll and chase a large ball, stopping it with my knee sideways onto the ball (long barrier position) facing the opposite direction. I can do the above challenge with a tennis ball. I can roll and chase a large ball, stopping it with my head in a front support position facing the opposite direction.</p> <p>Static Balance: Stance</p> <p>Maintaining balance throughout: I can raise alternate knees to opposite elbow 5 times. I can catch large ball thrown at knee height and above head. I can catch large ball thrown away from body. I can catch small ball thrown close to and away from body.</p> <p>Athletics</p> <p>I can select and maintain a running pace for different distances.</p>
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	<p>Static Balance: Seated</p> <p>In a seated position with no hands or feet touching the floor: I can reach and pick up a cone an arm’s distance away, swap hands and place it on the other side (both directions). I can reach, pick up a cone an arm’s distance away, and place it on the other side using the same hand (both directions). I can hold a V-shape with straight arms and legs for 10 seconds.</p> <p>Real Dance (Cog focus tbc through need of class)</p> <p>I can use standing, floor and circles to move between shapes with a partner to create a remembered and repeated sequence. I can explore lifts with a partner. I can explore timings, including fast and slow turns.</p>	<p>Premier Education – badminton</p> <p>I can hold a racquet with correct grip. I can serve. I understand different badminton strokes and practise these along with footwork.</p>	<p>I can practise throwing with power and accuracy and throw safely and with understanding.</p> <p>I can demonstrate a good running technique in a competitive situation. I can explore different footwork patterns. I understand which technique is most effective when jumping for distance. I can use skills in a competitive situation.</p>
Year 5	<p><u>AUTMUMN 1</u> Real PE – Cognitive</p> <p>Static Balance: Stance</p> <p>On a line and then a low beam, maintaining balance I can:</p>	<p><u>SPRING 1</u> Real Dance (Cog focus tbc through need of class)</p> <p>I can explore ways of remembering elements of silk moves to be used in choreography. I can explore, create and master different ways of responding to music.</p>	<p><u>SUMMER 1</u> Real PE Physical</p> <p>Dynamic Balance to Agility: Jumping and Landing</p> <p>On a line then low beam, maintaining balance I can:</p>

<p>1. Throw and catch 2 small balls alternately, using both hands, both close to and away from my body.</p> <p>2. Strike a small ball back to a partner with a racket.</p> <p>3. Strike a small ball back to a partner from across my body with a racket.</p> <p>Coordination: Footwork</p> <p>With fluency and control, starting slowly and then at maximum speed I can:</p> <p>1. Move in a 3-step zigzag pattern while alternating knee raise and foot behind.</p> <p>2. Move backwards in a 3-step zigzag pattern with cross-over (swerve).</p> <p>3. Move backwards in a 3-step zigzag pattern with knee raise across my body.</p> <p>Real PE Creative</p> <p>Static Balance: Seated</p> <p>In a seated position without hands or feet touching the floor I can:</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>I can create choreography in close connection to music being played.</p> <p>I can explore lifts and leans where weight is shared.</p> <p>I can work individually and collaboratively to create a final dance sequence.</p> <p>Real PE Social</p> <p>Dynamic Balance: On a Line</p> <p>Maintaining balance on a line I can:</p> <p>1. Sidestep in both directions.</p> <p>2. Stand sideways and complete continuous 180° front pivots. I can do the same with 180° reverse pivots.</p> <p>3. move sideways, stepping across my body (lateral step-over).</p> <p>4. Perform 'grapevines' (lateral step-over, sidestep, lateral step-behind, repeat).</p> <p>5. Complete all 'blue dynamic balance challenges' then all the above challenges with eyes closed.</p> <p>Counter Balance: With a Partner</p> <p>With a partner, maintaining balance throughout I can:</p> <p>1. Complete all blue counter balance challenges with eyes closed.</p> <p>2. Step onto a bench facing my partner, hold with both hands with feet side by side, lean back, hold and then move back together.</p>	<p>1. Jump from 2 feet to 2 feet with a 180° turn in the middle (in both directions).</p> <p>2. Jump from 2 feet to 2 feet with a tuck and a 180° turn (in both directions).</p> <p>3. Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (on both sides).</p> <p>Static Balance: One Leg</p> <p>Maintaining balance and on both legs I can:</p> <p>1. Complete 5 ankle extensions with eyes closed.</p> <p>2. Complete 10 squats into ankle extensions with eyes closed.</p> <p>3. Complete the above 2 challenges on an uneven surface (eyes open).</p> <p>4. Complete the first 2 challenges on an uneven surface with eyes closed.</p> <p>Swimming </p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</p> <p>SUMMER 2</p> <p>Real PE Personal</p> <p>Coordination: Ball Skills</p>
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<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>Static Balance: Floor Work</p> <p>Maintaining balance throughout I can:</p> <ol style="list-style-type: none"> 1. Hold a front support position with only 1 foot in contact with the floor and transfer a cone on and off my back. 2. Rotate fluently from a front support to a back support, and then continue rotating with fluency. <p>AUTUMN 2</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can consolidate and perform sequences using different types of ball movements in combination with gymnastic skills, incorporating changes in levels, speeds, pathways and direction.</p> <p>I can consolidate and perform sequences using different ways to link movements including different timing and directions e.g. canon, synchronised, contrasting.</p> <p>Premier Education – Fencing (1 class completes Autumn term 2 and one class completes Summer Term 2)</p> <p>I can learn how to retreat, advance and lunge.</p>	<p>3. Step onto a bench facing my partner, hold with both hands and swap places whilst leaning back with straight arms.</p> <p>SPRING 2</p> <p>Real PE – Health and Fitness</p> <p>Coordination: Sending and Receiving</p> <p>With right and left hand/foot:</p> <ol style="list-style-type: none"> 1. With a partner, I can simultaneously pass a large ball along the floor with my feet and throw a tennis ball for 10 continuous passes. 2. With a partner, I can keep 3 tennis balls going in a throwing circuit for 30 seconds. <p>Agility: Ball Chasing</p> <p>Over a distance of up to 10 metres and turning both ways I can:</p> <ol style="list-style-type: none"> 1. Stand facing a partner, ask them to feed a ball over my head, then turn and catch it after 1 bounce. 2. Stand facing away from a partner, ask them to feed a ball over my head, react and catch it after 1 bounce. <p>Swimming </p>	<p>In less than 20 seconds and in both directions, maintaining control I can:</p> <ol style="list-style-type: none"> 1. Stand with my legs apart, hold a ball between them with both hands at the front, allow the ball to bounce and then catch it with hands behind my legs ('front to back catches') 20 times, alternating catches in front and behind. 2. Do the same task 30 times, this time without letting the ball bounce in between. 3. Complete the above tasks with head up throughout. 4. Stand, throw a ball over my head, catch it behind and then throw it forwards over my head and catch it in front ('overhead throw and catch') 11 times. <p>Agility: Reaction and Response</p> <p>From a distance of 1, 2, and 3 metres, facing away from a partner I can:</p> <ol style="list-style-type: none"> 1. React to a call from a partner when they drop a ball, turn and catch it after 1 bounce. 2. Do the above challenge, but react to the sound of the bounce rather than the call. <p>Swimming </p> <p>I can swim competently, confidently and proficiently over a distance of at least 25 metres.</p>
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	I can parry and faint.	I can swim competently, confidently and proficiently over a distance of at least 25 metres.	<p>I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</p> <p>I can perform safe self- rescue in different water- based situations.</p> <p>Athletics practise somewhere in Summer term!</p> <p>Orienteering practise somewhere of choice in the year!</p> <p>I can create a complex short trail for others with a physical challenge.</p> <p>I can recognise features of an orienteering course.</p>
Year 6	<p>AUTUMN 1 Real PE – Social</p> <p>Dynamic Balance: On a Line</p> <p>Maintaining balance on a line I can:</p> <ol style="list-style-type: none"> 1. Lunge walk backwards along a line. 2. Lunge walk backwards with opposite elbow at 90°. 3. Lunge walk along a curved pathway, forwards then backwards, with opposite elbow at 90°. 4. Perform all the above tasks <p>Counter Balance: With a Partner With a partner, maintaining balance throughout I can:</p>	<p>SPRING 1 Real PE – Health and Fitness</p> <p>Coordination: Sending and Receiving</p> <p>With right and left hand/foot:</p> <ol style="list-style-type: none"> 1. Working with a partner, I can simultaneously pass a ball along the floor with my feet and throw 2 tennis balls continuously. 2. Working with a partner, I can simultaneously volley a tennis ball with a racket and pass a ball along the ground continuously. <p>Agility: Ball Chasing</p> <p>Over a distance of up to 10 metres and turning both ways I can:</p>	<p>SUMMER 1 Real PE – Cognitive</p> <p>Static Balance: Stance</p> <p>On a line and then a low beam, maintaining balance I can:</p> <ol style="list-style-type: none"> 1. Throw and catch a small ball, catching across the body with either hand. 2. Throw and catch 2 balls alternately, catching across my body with either hand. 3. Volley a large ball back to a partner with either foot. <p>Coordination: Footwork</p>

<p>1. Stand on a line facing my partner, hold with both hands then lean back and then swap places whilst maintaining the counter balance position. 2. Stand on a low beam facing my partner, hold with both hands then swap places whilst maintaining the counter balance position.</p> <p>Real PE Creative</p> <p>Static Balance: Seated</p> <p>In a seated position without hands or feet touching the floor I can:</p> <ol style="list-style-type: none"> 1. Reach and pick up cones on the floor whilst on a bench and without losing balance. 2. Turn 360° in either direction, first on the floor then on a bench. 3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds. 4. Reach and pick up cones on the floor whilst on an uneven surface, e.g. wobble cushion, and without losing balance. <p>Static Balance: Floor Work</p> <p>Maintaining balance throughout I can:</p> <ol style="list-style-type: none"> 1. Hold a front support position with only 1 foot in contact with the floor and transfer a tennis ball on and off my back. 2. Hold a front support position with only 1 foot in contact with the floor and transfer a tennis ball on and off my back with eyes closed 	<p>1. Stand facing away from a partner, ask them to feed a ball over my head, react and catch it between my knees or feet after 1 bounce. 2. Do the above challenge, but catch the ball on the instep of my foot and lower it to the ground.</p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can consolidate and perform sequences using partner balances, incorporating a variety of transitions, jumps and rotations. I can consolidate and perform sequences on large apparatus and link together to create a whole class performance.</p> <p><u>SPRING 2</u></p> <p>Real PE Physical</p> <p>Dynamic Balance to Agility: Jumping and Landing</p> <p>On a line then low beam, maintaining balance I can:</p> <ol style="list-style-type: none"> 1. Jump from a vertical stance forwards into a lunge position while holding a medicine ball off centre (on both sides). 2. Jump from a vertical stance backwards into a lunge position while holding a medicine ball off centre (on both sides). 3. Jump from 2 feet to 2 feet with a 360° turn (in both directions). 	<p>With fluency and control, starting slowly and then at maximum speed I can:</p> <ol style="list-style-type: none"> 1. Move backwards in a 3-step zigzag pattern with foot behind. 2. Move backwards in a 3-step zigzag pattern with alternating knee lift and foot behind. <p>Orienteering</p> <p>I can orientate myself with increasing confidence and accuracy around an orienteering course when under pressure. I can design an orienteering course that is clear to follow and can be followed by others. I can use navigation equipment (maps, compasses) to improve a trail.</p> <p>SUMMER 2</p> <p>Real PE Personal</p> <p>Coordination: Ball Skills</p> <p>In less than 20 seconds and in both directions, maintaining control I can:</p> <ol style="list-style-type: none"> 1. Combine an 'overhead throw and catch' with a 'front to back catch' (see Pink challenges) to make a 'long circle' 12 times (forwards and then backwards). 2. Stand with a ball in 1 hand, throw it over the opposite shoulder and catch it behind my back with the same hand 20 times (with either hand).
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	<p><u>AUTUMN 2</u></p> <p>Real Gym (Cog focus tbc through need of class)</p> <p>I can consolidate and perform sequences using partner balances, incorporating a variety of transitions, jumps and rotations. I can consolidate and perform sequences on large apparatus and link together to create a whole class performance.</p> <p>Premier Education - Archery (1 class completes Autumn term 2 and one class completes Summer Term 2) Archery is a sport for all. It helps to build muscle endurance and flexibility, develop hand eye coordination and body strength. Archery teaches discipline, respect and self-control - something that carries over into pupils' attitude, work habits and other school activity</p>	<p>Static Balance: One Leg</p> <p>Maintaining balance and on both legs I can:</p> <ol style="list-style-type: none"> 1. Place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand. 2. Place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand with eyes closed. 3. Stand on an uneven surface and place cones at 12, 3, 6 and 9 o'clock on an imaginary clock face and pick them up with the same hand. <p>Real Dance (Cog focus tbc through need of class)</p> <p>I can find ways of remembering elements of silk moves to be used in choreography. I can explore, create and master different ways of responding to music. I can create choreography in close connection to music being played. I can master lifts and leans where weight is shared. I can work individually and collaboratively to create a final dance sequence.</p>	<p>I can do the same, throwing the ball from back to front.</p> <p>Agility: Reaction and Response</p> <p>From a distance of 1, 2, and 3 metres, facing away from a partner I can:</p> <ol style="list-style-type: none"> 1. React to a call from a partner when they drop a ball, turn and catch it after 1 bounce, balancing on 1 leg. 2. Do the above challenge, but react to the sound of the bounce rather than the call. 3. Do the above challenges, but also step across my body and bring my hand across my body to catch the ball with 1 hand. <p>Athletics</p> <p>I can investigate running styles and changes of speed. I can practise throwing with power and accuracy. I can throw safely and with understanding. I can demonstrate a good running technique in a competitive situation. I can explore different footwork patterns. I can understand which technique is most effective when jumping for distance. I can use skills in a competitive situation.</p>
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