PE landscape Real PE. Cog focus and learning journeys

Coaching activities linked to Real PE or festivals EYFS – taken from Development Matters guidance

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|  | Autumn 1- Personal Focus | Autumn 2- Social Focus | Spring 1- Cognitive Focus | Spring 2- Creative Focus | Summer 1- Applying Physical Focus | Summer 2- Health and Fitness Focus |
| Reception | Co-ordination: footworkTheme : Birthday Bike surprise Static Balance: 1 legTheme: Pirate PranksBasic moves: hopping, skipping, jumpingGymnastics – balance and shape | Dynamic Balance to agility: Jumping and LandingTheme: Journey to the Blue Planet Static Balance : SeatedTheme: Monkey BusinessBasic moves: climbing, jumping, crawlingDances – fluent movements with development and graceApparatus: body strength, balance, co-ordination and agility. | Dynamic Balance to agility: On a lineTheme: Tilly’s the Train’s Big DayStatic Balance: StanceTheme: Thembi Walks the tightropeBasic moves: catching, throwingDances – fluent movements with development and grace | Co-ordination – ball skills Theme: clowning aroundCounter Balance : With a partnerTheme: Wendy’s Water-ski challengeGymnastics:, movements with ease, balance and agilityApparatus: body strength, balance, co-ordination and agility. | Co-ordination: sending and receivingTheme: John and Jasmine learn to juggleAgility: reaction/responseTheme: Ringo to the RescueBall skills: throwing, catching, kicking, passing, batting, and aiming. Apparatus: body strength, balance, co-ordination and agility. | Agility: ball chasingTheme: Sammy Squirrel and his Rolling nutsStatic Balance : Floor workTheme: Caspar the Very Clever Cat Ball skills-precision and accuracy when engaging in activities that involve a ball.Athletics: running skills |
| Y1 | Co-ordination: footworkTheme : Birthday Bike surprise Static Balance: 1 legTheme: Pirate PranksBall games: sending a ball (basic skills)Gymnastics – rolls, jumps | Dynamic Balance to agility: Jumping and LandingTheme: Journey to the Blue Planet Static Balance : SeatedTheme: Monkey BusinessBall games: receiving a ball(basic skills)Gymnastics- travel, balance | Dynamic Balance to agility: On a lineTheme: Tilly’s the Train’s Big DayStatic Balance: StanceTheme: Thembi Walks the tightropeDance- explore movement, link ideas | Co-ordination – ball skills Theme: clowning aroundCounter Balance : With a partnerTheme: Wendy’s Water-ski challengeSmall games: moving with a ball/dribbling | Co-ordination: sending and receivingTheme: John and Jasmine learn to juggleAgility: reaction/responseTheme: Ringo to the RescueSmall sided team games –catching and throwing | Agility: ball chasingTheme: Sammy Squirrel and his Rolling nutsStatic Balance : Floor workTheme: Caspar the Very Clever CatAthletics –throwing techniques |
| Y2 | Co-ordination: footwork Static Balance: 1 legBasic Moves – running, throwing, catching, balancing | Dynamic Balance to agility: Jumping and LandingStatic Balance : SeatedGymnastics- travel and balance | Dynamic Balance to agility: On a lineStatic Balance: StanceDance- control, fluency and expression | Co-ordination – ball skills Counter Balance : With a partnerGymnastics- flight and rotation | Co-ordination: sending and receivingAgility: reaction/responseSmall sided games –attacking and defending | Agility: ball chasingStatic Balance : Floor workAthletics –running techniques |
| Y3 | Co-ordination: footwork Static Balance: 1 legBasic Moves – running, throwing, catching, balancing | Dynamic Balance to agility: Jumping and LandingStatic Balance : SeatedGymnastics- technique, control and balance | Dynamic Balance to agility: On a lineCo-ordination: ball skillsSwimming – TBCStriking/field games – tennis | Co-ordination: sending and receivingCounter balance: with a partnerDance- movement and linking actions | Agility: reaction /responseStatic Balance :floor workInvasion games –including football. | Agility: ball chasingStatic Balance : stanceAthletics – throwing/running techniques |
| Y4 | Co-ordination: footwork Static Balance: 1 legInvasion Games- Hockey- sending/receiving a ball. | Dynamic Balance to agility: Jumping and LandingStatic Balance : SeatedDance- create a small sequence, linking actions | Dynamic Balance to agility: On a lineCo-ordination: ball skillsGymnastics- link sequences/or skipping techniques | Co-ordination: sending and receivingCounter balance: with a partnerInvasion Games- Handball | Agility: reaction /responseStatic Balance :floor workStriking/field games – tennis | Agility: ball chasingStatic Balance : stanceAthletics – running/jumping techniques |
| Y5 | Coordination: Ball Skills Agility: Reaction/ResponseInvasion Games- Tag Rugby-sending and receiving a ball | Static Balance: seated and floor workSwimming/Gymnastics - balance | Dynamic Balance to agility: On a lineCounter balance : with a partner Dance- negotiates, collaborate, create. | Static Balance: one legDynamic Balance to agility: Jumping and LandingGymnastics - balance | Static Balance : stanceCo-ordination : footworkStriking/field games – tennis/rounders/cricket | Agility: ball chasingCo-ordination: sending and receiving Athletics – throwing, jumping, running |
| Y6 | Coordination: Ball Skills Agility: Reaction/ResponseInvasion Games- Basketball/netballthrowing and catching | Gymnastics-Static Balance: seated and floor workGymnastics- link sequences | Dynamic Balance to agility: On a lineCounter balance : with a partnerInvasion Games- hockey | Static Balance: one legDynamic Balance to agility: Jumping and LandingDance- negotiates, collaborate, create. | Static Balance : stanceCo-ordination : footworkStriking/field games – tennis/rounders/cricket | Agility: ball chasingCo-ordination: sending and receivingAthletics – throwing, jumping, running |