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: footwork  Theme : Birthday Bike surprise  Static Balance: 1 leg  Theme: Pirate Pranks  Basic moves: hopping, skipping, jumping  Gymnastics – balance and shape | Dynamic Balance to agility: Jumping and Landing  Theme: Journey to the Blue Planet Static Balance : Seated  Theme: Monkey Business  Basic moves: climbing, jumping, crawling  Dances – fluent movements with development and grace  Apparatus: body strength, balance, co-ordination and agility. | Dynamic Balance to agility: On a line  Theme: Tilly’s the Train’s Big Day  Static Balance: Stance  Theme: Thembi Walks the tightrope  Basic moves: catching, throwing  Dances – fluent movements with development and grace | Co-ordination – ball skills  Theme: clowning around  Counter Balance : With a partner  Theme: Wendy’s Water-ski challenge  Gymnastics:, movements with ease, balance and agility  Apparatus: body strength, balance, co-ordination and agility. | Co-ordination: sending and receiving  Theme: John and Jasmine learn to juggle  Agility: reaction/response  Theme: Ringo to the Rescue  Ball skills: throwing, catching, kicking, passing, batting, and aiming.  Apparatus: body strength, balance, co-ordination and agility. | Agility: ball chasing  Theme: Sammy Squirrel and his Rolling nuts  Static Balance : Floor work  Theme: Caspar the Very Clever Cat Ball skills-precision and accuracy when engaging in activities that involve a ball.  Athletics: running skills |
| Y1 | Co-ordination: footwork  Theme : Birthday Bike surprise  Static Balance: 1 leg  Theme: Pirate Pranks  Ball games: sending a ball (basic skills)  Gymnastics – rolls, jumps | Dynamic Balance to agility: Jumping and Landing  Theme: Journey to the Blue Planet Static Balance : Seated  Theme: Monkey Business  Ball games: receiving a ball(basic skills)  Gymnastics- travel, balance | Dynamic Balance to agility: On a line  Theme: Tilly’s the Train’s Big Day  Static Balance: Stance  Theme: Thembi Walks the tightrope  Dance- explore movement, link ideas | Co-ordination – ball skills  Theme: clowning around  Counter Balance : With a partner  Theme: Wendy’s Water-ski challenge  Small games: moving with a ball/dribbling | Co-ordination: sending and receiving  Theme: John and Jasmine learn to juggle  Agility: reaction/response  Theme: Ringo to the Rescue  Small sided team games –catching and throwing | Agility: ball chasing  Theme: Sammy Squirrel and his Rolling nuts  Static Balance : Floor work  Theme: Caspar the Very Clever Cat  Athletics –throwing techniques |
| Y2 | Co-ordination: footwork  Static Balance: 1 leg  Basic Moves – running, throwing, catching, balancing | Dynamic Balance to agility: Jumping and Landing  Static Balance : Seated  Gymnastics- travel and balance | Dynamic Balance to agility: On a line  Static Balance: Stance  Dance- control, fluency and expression | Co-ordination – ball skills  Counter Balance : With a partner  Gymnastics- flight and rotation | Co-ordination: sending and receiving  Agility: reaction/response  Small sided games –attacking and defending | Agility: ball chasing  Static Balance : Floor work  Athletics –running techniques |
| Y3 | Co-ordination: footwork  Static Balance: 1 leg  Basic Moves – running, throwing, catching, balancing | Dynamic Balance to agility: Jumping and Landing  Static Balance : Seated  Gymnastics- technique, control and balance | Dynamic Balance to agility: On a line  Co-ordination: ball skills  Swimming – TBC  Striking/field games – tennis | Co-ordination: sending and receiving  Counter balance: with a partner  Dance- movement and linking actions | Agility: reaction /response  Static Balance :floor work  Invasion games –including football. | Agility: ball chasing  Static Balance : stance  Athletics – throwing/running techniques |
| Y4 | Co-ordination: footwork  Static Balance: 1 leg  Invasion Games- Hockey- sending/receiving a ball. | Dynamic Balance to agility: Jumping and Landing  Static Balance : Seated  Dance- create a small sequence, linking actions | Dynamic Balance to agility: On a line  Co-ordination: ball skills  Gymnastics- link sequences/or skipping techniques | Co-ordination: sending and receiving  Counter balance: with a partner  Invasion Games- Handball | Agility: reaction /response  Static Balance :floor work  Striking/field games – tennis | Agility: ball chasing  Static Balance : stance  Athletics – running/jumping techniques |
| Y5 | Coordination: Ball Skills  Agility: Reaction/Response  Invasion Games- Tag Rugby-sending and receiving a ball | Static Balance: seated and floor work  Swimming/Gymnastics - balance | Dynamic Balance to agility: On a line  Counter balance : with a partner Dance- negotiates, collaborate, create. | Static Balance: one leg  Dynamic Balance to agility: Jumping and Landing  Gymnastics - balance | Static Balance : stance  Co-ordination : footwork  Striking/field games – tennis/rounders/cricket | Agility: ball chasing  Co-ordination: sending and receiving  Athletics – throwing, jumping, running |
| Y6 | Coordination: Ball Skills  Agility: Reaction/Response  Invasion Games- Basketball/netball  throwing and catching | Gymnastics-Static Balance: seated and floor work  Gymnastics- link sequences | Dynamic Balance to agility: On a line  Counter balance : with a partner  Invasion Games- hockey | Static Balance: one leg  Dynamic Balance to agility: Jumping and Landing  Dance- negotiates, collaborate, create. | Static Balance : stance  Co-ordination : footwork  Striking/field games – tennis/rounders/cricket | Agility: ball chasing  Co-ordination: sending and receiving  Athletics – throwing, jumping, running |