

PE CURRICULUM OVERVIEW 2021-2022

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>RECEPTION</b>	<p>Real PE Unit 1 Personal</p> <p>Coordination: Footwork (FUNS 10) Static Balance: One leg (FUNS 1)</p> <p>Cog Learning focus: I can follow instructions, practise safely and work on simple tasks by myself EXC</p> <p>I enjoy working on simple tasks with help EXP</p>	<p>Real PE Unit 2 Social</p> <p>Dynamic Balance to Agility: Jumping and Landing (FUNS 6)</p> <p>Static Balance: Seated: (FUNS 2)</p> <p>Cog Learning focus: I can work sensibly with others, taking turns and sharing EXC</p> <p>I can play with others and take turns and share with help EXP</p>	<p>Real PE Unit 3 Cognitive</p> <p>Dynamic Balance: On a line (FUNS 5)</p> <p>Static Balance: Stance (FUNS 4)</p> <p>Cog Learning focus: I can understand and follow simple rules and can name some things I am good at EXC</p> <p>I can follow simple instructions EXP</p>	<p>Real PE Unit 4 Creative</p> <p>Coordination: Balls skills (FUNS 9)</p> <p>Counter Balance: with a partner (FUNS 7)</p> <p>Cog Learning focus: I can explore and describe different movements EXC</p> <p>I can observe and copy others EXP</p>	<p>Real PE Unit 5 Physical</p> <p>Coordination: Sending and Receiving (FUNS 8)</p> <p>Agility: Reaction/Response (FUNS 12)</p> <p>Cog Learning focus: I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together EXC</p> <p>I can move confidently in different ways EXP</p>	<p>Real PE Unit 6 Health and Fitness</p> <p>Agility: Ball chasing (FUNS 11)</p> <p>Static Balance: Floor work (FUNS 3)</p> <p>Cog Learning focus: I am aware of why exercise is important for good health EXC</p> <p>I am aware of the changes to the way I feel when I exercise EXP</p>
<b>TRADITIONAL SPORT</b>	Real Gym (Personal)	Fundamental Skills (running, crawling, hopping etc)	Real Dance (Cognitive)	Balls skills (throwing and catching)	Fundamental skills (balance)	Fundamental skills (agility)
<b>YEAR 1</b>	<p>Real PE Unit 1 Personal</p> <p>Coordination: Footwork (FUNS 10)</p> <p>Static Balance: One leg</p>	<p>Real PE Unit 2 Social</p> <p>Dynamic Balance to Agility: Jumping and Landing (FUNS 6)</p>	<p>Real PE Unit 3 Cognitive</p> <p>Dynamic Balance: On a line (FUNS 5)</p>	<p>Real PE Unit 4 Creative</p> <p>Coordination: Ball skills (FUNS 9)</p>	<p>Real PE Unit 5 Physical</p> <p>Coordination: Sending and Receiving (FUNS 8)</p>	<p>Real PE Unit 6 Health and Fitness</p> <p>Agility: Ball chasing (FUNS 11)</p> <p>Static Balance: Floor work</p>

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	<p><b>(FUNS 1 )</b></p> <p><b>Cog Learning focus</b> I try several times if at first I don't succeed and I ask for help when appropriate EXC</p> <p>I can follow instructions, practise safely and work on simple tasks by myself EXP</p> <p>I enjoy working on simple tasks with help WT</p>	<p><b>Static Balance: Seated (FUNS 2)</b></p> <p><b>Cog Learning focus</b> I can help praise and encourage others in their learning EXC</p> <p>I can work sensibly with others, taking turns and sharing EXP</p> <p>I can play with others and take turns and share with help WT</p>	<p><b>Static Balance: Stance (FUNS 4)</b></p> <p><b>Cog Learning focus</b> I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well EXC</p> <p>I can understand and follow simple rules and can name some things I am good at EXP</p> <p>I can follow simple instructions WT</p>	<p><b>Counter Balance: with a partner (FUNS 7)</b></p> <p><b>Cog Learning focus</b> I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme EXC</p> <p>I can explore and describe different movements EXP</p> <p>I can observe and copy others WT</p>	<p><b>Agility: Reaction/Response (FUNS 12)</b></p> <p><b>Cog Learning focus</b> I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed EXC</p> <p>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together EXP</p> <p>I can move confidently in different ways WT</p>	<p><b>(FUNS 3)</b></p> <p><b>Cog Learning focus</b> I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely EXC</p> <p>I am aware of why exercise is important for good health EXP</p> <p>I am aware of the changes to the way I feel when I exercise WT</p>
<b>TRADITIONAL SPORT</b>	<b>Real Gym (Personal)</b>	<b>Ball skills – Netball (catching/throwing)</b>	<b>Real Dance (Cognitive)</b>	<b>Ball skills (Football) – footwork</b>	<b>Ball skills/agility (Kwik cricket)</b>	<b>Athletics</b>
<b>YEAR 2</b>	<p>Real PE Unit 1 Personal</p> <p><b>Coordination: Footwork (FUNS 10)</b></p> <p><b>Static Balance: One leg (FUNS 1)</b></p>	<p>Real PE Unit 2 Social</p> <p><b>Dynamic Balance to Agility: Jumping and Landing (FUNS 6)</b></p> <p><b>Static Balance: Seated</b></p>	<p>Real PE Unit 3 Cognitive</p> <p><b>Dynamic Balance: On a line (FUNS 5)</b></p> <p><b>Static Balance: Stance</b></p>	<p>Real PE Unit 4 Creative</p> <p><b>Coordination: Balls skills (FUNS 9)</b></p> <p><b>Counter Balance: with a partner</b></p>	<p>Real PE Unit 5 Physical</p> <p><b>Coordination: Sending and Receiving (FUNS 8)</b></p>	<p>Real PE Unit 6 Health and Fitness</p> <p><b>Agility: Ball chasing (FUNS 11)</b></p> <p><b>Static Balance: Floor work (FUNS 3)</b></p>

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	<p><b>Cog Learning focus</b> I know where I am with my learning and I have begun to challenge myself EXC</p> <p>I try several times if at first I don't succeed and I ask for help when appropriate EXP I can follow instructions, practise safely and work on simple tasks by myself WT</p>	<p><b>(FUNS 2)</b></p> <p><b>Cog Learning focus</b> I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas EXC</p> <p>I can help praise and encourage others in their learning EXP</p> <p>I can work sensibly with others, taking turns and sharing WT</p>	<p><b>(FUNS 4)</b></p> <p><b>Cog Learning focus</b> I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement EXC</p> <p>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well EXP</p> <p>I can understand and follow simple rules and can name some things I am good at WT</p>	<p><b>(FUNS 7)</b></p> <p><b>Cog Learning focus</b> I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression EXC</p> <p>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme EXP</p> <p>I can explore and describe different movements WT</p>	<p><b>Agility: Reaction/Response (FUNS 12)</b></p> <p><b>Cog Learning focus</b> I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency EXC</p> <p>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed EXP</p> <p>I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together WT</p>	<p><b>Cog Learning focus</b> I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down EXC</p> <p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely EXP</p> <p>I am aware of why exercise is important for good health WT</p>
<p><b>TRADITIONAL SPORT</b></p>	<p>Balls skills (catching/throwing/passing) Basketball</p>	<p>Real Gym (Social)</p>	<p>Tag Ruby</p>	<p>Real Dance (Health and Fitness)</p>	<p>Ball skills/agility (Kwik Cricket)</p>	<p>Athletics</p>

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<p><b>YEAR 3</b></p>	<p>Real PE Unit 1 Personal</p> <p><b>Coordination: Footwork (FUNS 10)</b></p> <p><b>Static balance: One leg (FUNS 1)</b></p> <p><b>Cog Learning focus</b> I cope well and react positively when things become difficult. EXC</p> <p>I can persevere with a task and I can improve my performance through regular practice I know where I am with my learning and I have begun to challenge myself EXP</p> <p>I try several times if at first I don't succeed and I ask for help when appropriate WT</p>	<p>Real PE Unit 2 Social</p> <p><b>Dynamic Balance to Agility: Jumping and Landing (FUNS 6)</b></p> <p><b>Static Balance: Seated (FUNS 2)</b></p> <p><b>Cog Learning focus</b> I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task EXC</p> <p>I show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas EXP</p> <p>I can help praise and encourage others in their learning WT</p>	<p>Real PE Unit 3 Cognitive</p> <p><b>Dynamic Balance: On a line (FUNS 5)</b></p> <p><b>Coordination: Ball skills (FUNS 9)</b></p> <p><b>Cog Learning focus</b> I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions EXP</p> <p>I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement EXC</p> <p>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why</p>	<p>Real PE Unit 4 Creative</p> <p><b>Coordination: Sending and receiving (FUNS 8)</b></p> <p><b>Counter Balance: with a partner (FUNS 7)</b></p> <p><b>Cog Learning focus</b> I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging EXC</p> <p>I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression EXP</p> <p>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme WT</p>	<p>Real PE Unit 5 Physical</p> <p><b>Agility: Reaction/Response (FUNS 12)</b></p> <p><b>Static Balance: Floor work (FUNS 3)</b></p> <p><b>Cog Learning focus</b> I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities EXC</p> <p>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency EXP</p> <p>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed WT</p>	<p>Real PE Unit 6 Health and Fitness</p> <p><b>Agility: Ball chasing (FUNS 11)</b></p> <p><b>Static Balance: Stance (FUNS 4)</b></p> <p><b>Cog Learning focus</b> I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working EXC</p> <p>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down EXP</p> <p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely WT</p>
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			someone is working or performing well WT			
<b>TRADITIONAL SPORT</b>	<b>Netball</b>	<b>Hockey</b>	<b>Real Gym (Cognitive)</b>	<b>Football</b>	<b>Real Dance (Physical)</b>	<b>Rounders/Athletics</b>
<b>YEAR 4</b>	<p>Real PE Unit 1 Personal</p> <p><b>Coordination: Footwork (FUNS 10)</b></p> <p><b>Static Balance: One Leg (FUNS 1)</b></p> <p><b>Cog Learning Focus</b> I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice EXC</p> <p><b>I know where I am with my learning and I have begun to challenge myself EXP</b></p> <p><b>I try several times if at first I don't succeed and I ask for help when appropriate WT</b></p>	<p>Real PE Unit 2 Social</p> <p><b>Dynamic Balance to Agility; Jumping and Landing (FUNS 6)</b></p> <p><b>Static Balance: Seated (FUNS 2)</b></p> <p><b>Cog Learning focus</b> I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task EXC</p> <p><b>I can show patience and support others, listening well to them about our work. I am happy to show and tell them about my ideas EXP</b></p>	<p>Real PE Unit 3 Cognitive</p> <p><b>Dynamic Balance: On a line (FUNS 5)</b></p> <p><b>Coordination: Ball skills (FUNS 9)</b></p> <p><b>Cog Learning focus</b> I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions EXC</p> <p><b>I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to</b></p>	<p>Real PE Unit 4 Creative</p> <p><b>Coordination: Sending and Receiving (FUNS 8)</b></p> <p><b>Counter Balance: with a partner (FUNS 7)</b></p> <p><b>Cog Learning focus</b> I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging EXC</p> <p><b>I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression EXP</b></p>	<p>Real PE Unit 5 Physical</p> <p><b>Agility: Reaction and Response (FUNS 12)</b></p> <p><b>Static Balance: Floor work (FUNS 3)</b></p> <p><b>Cog Learning focus</b> I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities EXC</p> <p><b>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with</b></p>	<p>Real PE Unit 6 Health and Fitness</p> <p><b>Agility: Ball chasing (FUNS 11)</b></p> <p><b>Static Balance: Stance (FUNS 4)</b></p> <p><b>Cog Learning focus</b> I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working EXC</p> <p><b>I can describe how and why my body feels during and after exercise. I can explain why we need to warm up and cool down EXP</b></p> <p><b>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely WT</b></p>

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		<p>I can help praise and encourage others in their learning WT</p>	<p>identify areas for improvement EXP</p> <p>I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well WT</p>	<p>I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme WT</p>	<p>good control and consistency EXP</p> <p>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed WT</p>	
<b>TRADITIONAL SPORT</b>	Basketball	Tag Rugby	Hockey	Real Gym (Creative)	Tennis	<p>Real Dance (Health and Fitness)</p> <p>Swimming – Two week intensive</p> <p>Athletics</p>
<b>YEAR 5</b>	<p>Real PE Unit 1 Cognitive</p> <p>Coordination: Ball Skills (FUNS 9)</p> <p>Agility: Reaction/Response (FUNS 12)</p> <p><u>Cog Learning focus:</u> I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they</p>	<p>Real PE Unit 2 Creative</p> <p>Static Balance: Seated (FUNS 2)</p> <p>Static Balance: Floor work (FUNS 3)</p> <p><u>Cog Learning focus:</u> I can effectively disguise what I am about to do next. I can use variety and</p>	<p>Real PE Unit 3 Social</p> <p>Dynamic Balance : On a line (FUNS 5)</p> <p>Counter Balance: With a partner (FUNS 7)</p> <p><u>Cog Learning focus:</u> I can involve others and motivate those around me to</p>	<p>Real PE Unit 4 Physical</p> <p>Static Balance: One Leg (FUNS 1)</p> <p>Dynamic Balance to Agility: Jumping and Landing FUNS 6)</p> <p><u>Cog Learning focus:</u> I can effectively transfer skills and movements across a</p>	<p>Real PE Unit 5 Health and Fitness</p> <p>Static Balance: Stance (FUNS 4)</p> <p>Coordination: Footwork (FUNS10)</p> <p><u>Cog Learning focus:</u> I can explain how individuals need different types and levels of fitness to</p>	<p>Real PE Unit 6 Personal</p> <p>Agility: Ball chasing (FUNS 11)</p> <p>Coordination: Sending and Receiving FUNS 8)</p> <p><u>Cog Learning focus:</u> I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes EXC</p>

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	<p>develop EXC</p> <p>I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents EXP</p> <p>I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions WT</p>	<p>creativity to engage an audience EXC</p> <p>I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others EXP</p> <p>I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging WT</p>	<p>perform better EXC</p> <p>I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately EXP</p> <p>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task WT</p>	<p>range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations EXC</p> <p>I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations EXP</p> <p>I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities WT</p>	<p>be more effective in their activity/role/event. I can plan and follow my own basic fitness programme EXC</p> <p>I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity EXP</p> <p>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working WT</p>	<p>I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets EXP</p> <p>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice WT</p>
<b>TRADITIONAL SPORT</b>	Hockey	Football	Real Gym (Physical)	Orienteering	Netball (BIKEABILITY)	Real Dance (Personal)
YEAR 6	Real PE	Real PE	Real PE	Real PE	Real PE	Real PE

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Unit 1 Cognitive	Unit 2 Creative	Unit 3 Social	Unit 4 Physical	Unit 5 Health and Fitness	Unit 6 Personal
<p><b>Coordination: Ball Skills (FUNS 9)</b></p> <p><b>Agility: Reaction/Response (FUNS 12)</b></p> <p><b>Cog Learning focus:</b> I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop EXC</p> <p>I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents EXP</p> <p>I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions WT</p>	<p><b>Static Balance: Seated (FUNS 2)</b></p> <p><b>Static Balance: Floor work (FUNS 3)</b></p> <p><b>Cog Learning focus:</b> I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience EXC</p> <p>I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others EXP</p> <p>I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging WT</p>	<p><b>Dynamic Balance : On a line (FUNS 5)</b></p> <p><b>Counter Balance: With a partner (FUNS 7)</b></p> <p><b>Cog Learning focus:</b> I can involve others and motivate those around me to perform better EXC</p> <p>I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately EXP</p> <p>I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task WT</p>	<p><b>Static Balance: One Leg (FUNS 1)</b></p> <p><b>Dynamic Balance to Agility: Jumping and Landing FUNS 6)</b></p> <p><b>Cog Learning focus:</b> I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations EXC</p> <p>I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations EXP</p>	<p><b>Static Balance: Stance (FUNS 4)</b></p> <p><b>Coordination: Footwork (FUNS10)</b></p> <p><b>Cog Learning focus:</b> I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme EXC</p> <p>I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity EXP</p> <p>I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can</p>	<p><b>Agility: Ball chasing (FUNS 11)</b></p> <p><b>Coordination: Sending and Receiving FUNS 8)</b></p> <p><b>Cog Learning focus:</b> I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes EXC</p> <p>I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets EXP</p> <p>I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice WT</p>

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				I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities WT	record and monitor how hard I am working WT	
<b>TRADITIONAL SPORT</b>	Tag Rugby	Basketball	Real Dance (Social)	Tennis	Real Gym (Health and Fitness)	Athletics

KEY

**Fundamental Movement Skill Focus highlighted yellow**

**Cog Learning Focus highlighted green**

For progression of Traditional Sports, please see separate document