

# Physical Education (PE) Year Planner

## Reception

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>REAL PE Unit</b>	Real PE Unit 1 Personal	Real PE Unit 2 Social	Real PE Unit 3 Cognitive	Real PE Unit 4 Creative	Real PE Unit 5 Physical	Real PE Unit 6 Health and Fitness
<b>REAL PE Warm Up x 2 (Mon)</b> See REAL PE planning	Bike Adventure Pirate Adventure	Moon Adventure Fin in the Jungle	Train Adventure Line Out	Clown's Naughty Ball Off to the Seaside	Circus Training School Land of the Beans	The Hair, Scary Woods Little Kitties Time to Play
<b>Fundamental Skills (Mon – Weds)</b> See REAL PE planning	Coordination: Footwork (FUNS 10)  Static Balance: One leg (FUNS 1)	Dynamic Balance to Agility: Jumping and Landing (FUNS 6)  Static Balance: Seated (FUNS 2)	Dynamic Balance: On a line (FUNS 5)  Static Balance: Stance (FUNS 4)	Coordination: Ball Skills (FUNS 9)  Counter Balance: with a partner (FUNS 7)	Coordination: Sending and Receiving (FUNS 8)  Agility: Reaction/Response (FUNS 12)	Agility: Ball chasing (FUNS 11)  Static Balance: Floor Work (FUNS 3)
<b>REAL PE Cog Learning Focus</b>	I can work on simple tasks by myself. I can follow instructions and practise safely. <b>EXC</b>  I enjoy working on simple tasks with help. <b>EXP</b>	I can work sensibly with others, taking turns and sharing. I can work sensibly with others. <b>EXC</b>  I can play with others and take turns and share with help. <b>EXP</b>	I can name some things I am good at. I can understand and follow simple rules. <b>EXC</b>  I can follow simple instructions. <b>EXP</b>	I can explore and describe different movements. I can explore different movements. <b>EXC</b>  I can observe and copy others. <b>EXP</b>	I can perform a small range of skills and link two movements together. I can perform a single skill or movement with some control. <b>EXC</b>  I can move confidently in different ways. <b>EXP</b>	I am aware of why exercise is important for good health. <b>EXC</b>  I am aware of the changes to the way I feel when I exercise. <b>EXP</b>

Traditional PE (Thursday)	REAL Gym (Gymnastics) (Personal)	Fundamental Skills (running, crawling, hopping etc.)  PE Planning- Me and Myself	REAL Dance (Dance) (Cognitive)	Ball Skills (Throwing and catching)  PE Planning- throwing and catching	Fundamental Skills (balance)  PE Planning- Fitness	Fundamental Skills (agility)  PE Planning- Movement Development
<b>Sequence of Lessons</b>	L1: Shape (Floor work)  L2: Shape (Low apparatus)  L3: Shape (Large apparatus)  L4: Travel (Floor work)  L5: Travel (Low apparatus)  L6: Travel (Large apparatus)	L1: To change into PE kit/Rules and Expectations for PE  L2: To listen and respond to instructions  L3: To move in different ways  L4: To change direction when moving  L5: To participate in games	L1: Shapes Solo  L2: Partnering Shapes  L3: Artistry Musicality  L4: Circles Solo  L5: Partnering Circles  L6: Artistry (Making)	L1: To move around without a ball  L2: To move with a ball  L3: To explore different body parts to move the ball  L4: To explore how the ball moves  L5: To play command games	L1: Jumping  L2: Speed & Agility  L3: Balance & Coordination  L4: Fitness & Strength  L5: Circuit Relays	L1: To move and balance in different ways  L2: To move, on, over and under equipment  L3: To play imagination games  L4: To move into space  L5: To take part in races and tag games
<b>Fitness Friday</b> Links to 5 ways to well-being.	Wk 1 – Yoga Wk 2 – Andy’s Wild Workouts Wk 3 – Parachute Wk 4 – Just Dance Wk 5 – Go for a Walk Wk 6 – Daily Mile	Wk 1 – Bikes and Scooters in Meadow Wk 2 – Joe Wicks Wk 3 – Yoga Wk 4 – Andy’s Wild Workouts Wk 5 – Relay Races Wk 6 – Skipping	Wk 1 – Circuit Training Wk 2 – Yoga Wk 3 – Andy’s Wild Workouts Wk 4 – Just Dance Wk 5 – Go for a walk Wk 6 – Oti Mabuse Dance	Wk 1 – Yoga Wk 2 – Circuit Training Wk 3 – Andy’s Wild Workouts Wk 4 – Super Movers Wk 5 – Relay Races Wk 6 – Parachute	Wk 1 – Yoga Wk 2 – Bikes and Scooters in Meadow Wk 3 – Obstacle Course Wk 4 – Andy’s Wild Workouts Wk 5 – Super Movers Wk 6 – Just dance	Wk 1 – Bikes and Scooters in Meadow Wk 2 – Just Dance Wk 3 – Yoga Wk 4 – Daily Mile Wk 5 – Circuit Training Wk 6 – Parachute

<p><b>Vocabulary</b></p>	<p><b>REAL PE + Traditional:</b> balance, coordination, static, fluency, march, stand, run, bounce, sideways, forwards, backwards, pivot, control, side step, gallop, hop, skip, bend, lean, instruction, stand, still, hold, listening, partner,</p> <p><b>Gymnastics:</b> star, tuck, straight, shapes, floor work, apparatus, safely, climbing, travel, large, small, posture,</p>	<p><b>REAL PE + Traditional:</b> take turns, sharing, sensible, help, jumping, landing, balance, coordination, agility, static, fluency, control, forwards, backwards, side to side, bend, swing, squeeze, tucked, narrow, seated balance, hands, feet,</p> <p><b>Fundamental Skills (running, crawling, hopping etc.):</b> uniform, changing, PE, listen, instructions, body parts, awareness, direction, walk, run, hop, skip, jimp, dance, space, heart rate</p>	<p><b>REAL PE + Traditional:</b> balance, dynamic, static balance, instructions, simple rules, march, crawl, walk, follow, forewords, backwards, slow, quick, still, straight, line, minimum wobble, fluidity, control, stance, stand, balls of feet, mirror, movements, bend, lift, partner, line, tightrope,</p> <p><b>Dance:</b> floor shape, standing shape, solo, partner, balance, control, minimum wobble, landing, smooth, moves, movement, artistry, fluency, sequence,</p>	<p><b>REAL PE + Traditional:</b> coordination, ball skills, counter balance, partner, movements, observe, copy, explore, roll, move, take turns, contact, ball, slowly, quickly, sit, upper body, lean, side to side, forwards, backwards,</p> <p><b>Ball Skills:</b> throw, hands ready, catch, roll, watch, kick, aim, bounce, target, count, control,</p>	<p><b>REAL PE + Traditional:</b> coordination, agility, sending and receiving, reaction, response, perform, skill, movement, confidently, ball, roll, obstacle, bounce, catch, partner, rebound, collect, run, forward, quickly, signal, slow down, stop, throw, drop,</p> <p><b>Fundamental Skills (balance)</b> run, jump, space, awareness, move, balance, obstacle, tip toe, step, posture, pencil, side plank, hold,</p>	<p><b>REAL PE + Traditional:</b> agility, ball chasing, static balance, floor work, fitness, exercise, healthy, good health, roll, ball, partner, stop, walk, run, skip, chase, collect, opposite, direction, balanced, position, still, move, crawl, lift, reach, point, mini-front support,</p> <p><b>Fundamental Skills (agility)</b> control, coordination, movements, fluently, slow, fast, high, low, backwards, forwards, sideways, free, creative walk, run, crawl, hop, skip, jump, dance, climb, awareness, space,</p>
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