

## Programme – Year A –SPORTS TO INCLUDE Rugby, Gymnastics, Dance, Cricket, and Tennis, Athletics, Swimming / surfing / surf life-saving in UKS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE Themes	Unit 1 - Personal	Unit 2 - Social	Unit 3 - Cognitive	Unit 4 - Creative	Unit 5 - Physical	Unit 6 – Health & Fitness
EYFS/1/2	<p><b><u>Real PE Core Skills FUNS 10, 1</u></b></p> <p>Co-ordination footwork Static Balance (one leg)</p> <p>Rugby</p>	<p><b><u>Real PE Core Skills FUNS 6, 2</u></b></p> <p>Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)</p> <p><b>REAL GYM</b> WORK</p>	<p><b><u>Real PE Core Skills FUNS 5, 4</u></b></p> <p>Dynamic balance: on a line Static balance: Stance</p> <p>Real Dance</p>	<p><b><u>Real PE Core Skills FUNS 9, 7</u></b></p> <p>Co-ordination – ball skills. Counter Balance (with a partner)</p> <p><b>Balance Bikes??</b> Tennis</p>	<p><b><u>Real PE Core Skills FUNS 8, 12</u></b></p> <p>Co-ordination – sending and receiving. Agility – reaction / response</p> <p>CRICKET</p>	<p><b><u>Real PE Core Skills FUNS 11, 3</u></b></p> <p>Agility – ball chasing Static Balance (floor work)</p> <p>NSPORTS DAY – <b>ATHLETICS</b></p>
Skiffs 1/2	<p><b><u>Real PE Core Skills FUNS 10, 1</u></b></p> <p>Co-ordination: Footwork Static Balance (one leg)</p> <p>Rugby</p>	<p><b><u>Real PE Core Skills FUNS 6, 2</u></b></p> <p>Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)</p> <p><b>REAL GYM</b> WORK</p>	<p><b><u>Real PE Core Skills FUNS 5, 4</u></b></p> <p>Dynamic Balance: on a line Stance</p> <p>Real Dance</p>	<p><b><u>Real PE Core Skills FUNS 9, 7</u></b></p> <p>Co-ordination – Sending and receiving Counter Balance (with a partner)</p> <p>TENNIS</p>	<p><b><u>Real PE Core Skills FUNS 8, 12</u></b></p> <p>Co-ordination – sending receiving Agility Reaction..response</p> <p>CRICKET,</p>	<p><b><u>Real PE Core Skills FUNS 11,3</u></b></p> <p>Agility – ball chasing Static Balance (floor work)</p> <p>SPORTS DAY – <b>ATHLETICS</b></p>
Lugger Y3/4	<p><b><u>Real PE Core Skills FUNS 10, 1</u></b></p> <p>Co-ordination: Footwork Static Balance (one leg)</p> <p><b>RUGBY</b></p> <p><b>SWIMMING</b></p>	<p><b><u>Real PE Core Skills FUNS 5, 9</u></b></p> <p>Jumping landing, Seated balance</p> <p><b>REAL GYM</b></p> <p><b>SWIMMING</b></p>	<p><b><u>Real PE Core Skills FUNS 5, 9</u></b></p> <p>Dynamic balance – on a line. Co-ordination – ball skills</p> <p>Real Dance</p>	<p><b><u>Real PE Core Skills FUNS 8, 7</u></b></p> <p>Co-ordination – sending and receiving. Counter Balance (with a partner)</p> <p>Tennis</p>	<p><b><u>Real PE Core Skills FUNS 12, 3</u></b></p> <p>Agility – reaction / response. Static Balance (floor work)</p> <p>Cricket</p>	<p><b><u>Real PE Core Skills FUNS 11,4</u></b></p> <p>Agility – ball chasing Static Balance – stance ROUNDERS, HOCKEY</p> <p>SPORTS DAY - <b>ATHLETICS</b></p>
Schooner Y5/6	<p><b><u>Real PE Core Skills FUNS 9, 12</u></b></p> <p>Co-ordination – ball skills. Agility – reaction / response</p> <p><b>RUGBY</b></p>	<p><b><u>Real PE Core Skills FUNS 8, 7</u></b></p> <p>Co-ordination – Dynamic balance. Counter Balance (with a partner)</p> <p><b>REAL</b> Gym</p>	<p><b><u>Real PE Core Skills FUNS 8, 7</u></b></p> <p>Stance Footwork</p> <p><b>REAL DANCE</b></p> <p><b>SWIMMING</b></p>	<p><b><u>Real PE Core Skills FUNS 5, 7</u></b></p> <p>Seated balance Floorwork</p> <p><b>Tennis</b></p>	<p><b><u>Real PE Core Skills FUNS 4,10</u></b></p> <p>Co-ordination: Jumping and landing One leg balance</p> <p>Bikeability Y5 Cricket</p>	<p><b><u>Real PE Core Skills FUNS 11,8</u></b></p> <p>Agility – ball chasing Co-ordination – sending and receiving</p> <p>SPORTS DAY – <b>ATHLETICS SURFING</b> (BEACH) RESIDENTIAL</p>

## Programme – Year B –SPORTS TO INCLUDE Football, Gymnastics, Hockey, Netball/basketball, Rounders, Athletics . Swimming / surfing / water skills in UKS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE Themes	Unit 1 - Personal	Unit 2 - Social	Unit 3 - Cognitive	Unit 4 - Creative	Unit 5 - Physical	Unit 6 – Health & Fitness
EYFS	<p><b>Core offer:</b> Co-ordination footwork Static Balance (one leg) <b>FUNS 10, 1</b></p> <p>Football</p>	<p><b>Core offer:</b> Dynamic Balance to agility - Jumping and Landing. Static Balance (seated) <b>FUNS 6, 2</b></p> <p><b>REAL GYM</b> 2<sup>nd</sup> unit</p>	<p><b>Core offer:</b> Dynamic balance – on a line. Static Balance (stance) <b>FUNS 5, 4</b></p> <p>Hockey</p>	<p><b>Core offer:</b> Co-ordination – ball skills. Counter Balance (with a partner) <b>FUNS 9, 7</b></p> <p>NETBALL/Basketball</p>	<p><b>Core offer:</b> Co-ordination – sending and receiving/ Agility – reaction / response <b>FUNS 8, 12</b></p> <p>Rounders</p>	<p><b>Core offer:</b> Agility – ball chasing Static Balance (floor work) <b>FUNS 11, 3</b></p> <p>Athletics</p>
Skiffs 1/2	<p><b>Core offer:</b> Co-ordination: Footwork Static Balance (one leg) <b>FUNS 10, 1</b></p> <p>Football</p> <p><b>SWIMMING</b></p>	<p><b>Core offer:</b> Dynamic Balance to agility - Jumping and Landing. Static Balance (seated) <b>FUNS 6, 2</b></p> <p><b>REAL GYM</b> 2<sup>nd</sup> unit</p> <p><b>SWIMMING</b></p>	<p><b>Core offer:</b> Dynamic balance – on a line. Static Balance (stance) <b>FUNS 5, 4</b></p> <p>Hockey</p>	<p><b>Core offer:</b> Co-ordination – ball skills. Counter Balance (with a partner) <b>FUNS 9, 7</b></p> <p>NETBALL/BASKETBALL</p>	<p><b>Core offer:</b> Co-ordination – sending and receiving. Agility – reaction / response <b>FUNS 8, 12</b></p> <p>Rounders</p>	<p><b>Core offer:</b> Agility – ball chasing Static Balance (floor work) <b>FUNS 11, 3</b></p> <p>Athletics</p>
Lugger Y3/4	<p><b>Core offer:</b> Co-ordination: Footwork Static Balance (one leg) <b>FUNS 10, 1</b></p> <p>Football</p>	<p><b>Core offer:</b> Dynamic Balance to agility - Jumping and Landing. Static Balance (seated) <b>FUNS 6, 2</b></p> <p><b>REAL GYM</b> 2<sup>nd</sup> unit</p>	<p><b>Core offer:</b> Dynamic balance – on a line. Co-ordination – ball skills <b>FUNS 5, 9</b></p> <p><b>SWIMMING</b> Hockey</p>	<p><b>Core offer:</b> Co-ordination – sending and receiving. Counter Balance (with a partner) <b>FUNS 8, 7</b></p> <p><b>SWIMMING if needed</b> NETBALL/BASKETBALL</p>	<p><b>Core offer:</b> Agility – reaction / response. Static Balance (floor work) <b>FUNS 12, 3</b></p> <p>Rounders</p>	<p><b>Core offer:</b> Agility – ball chasing Static Balance - stance <b>FUNS 11, 4</b></p> <p>Athletics</p>
Schooner Y5/6	<p><b>Core offer:</b> Co-ordination – ball skills. Agility – reaction / response <b>FUNS 9, 12</b></p> <p>FOOTBALL</p>	<p><b>Core offer:</b> Static Balance (seated) Static Balance (floor work) <b>FUNS 2, 3</b></p> <p><b>REAL GYM</b> 2<sup>nd</sup> unit</p>	<p><b>Core offer:</b> Dynamic balance – on a line. Counter Balance (with a partner) <b>FUNS 5, 7</b></p> <p>Hockey</p>	<p><b>Core offer:</b> Static Balance (one leg) Dynamic Balance to agility - Jumping and Landing <b>FUNS 1,6</b></p> <p>Netball/Basketball <b>SWIMMING if needed</b></p>	<p><b>Core offer:</b> Co-ordination: Footwork Static Balance: stance <b>FUNS 4,10</b></p> <p>Rounders</p>	<p><b>Core offer:</b> Surfing, surf life-saving, swimming <b>FUNS 11,8</b></p> <p><b>ATHLETICS</b> SURFING – Sennen</p>

Sport Specific	Scheme
Gym	REAL PE
Dance	REAL Dance + CPD enrichment with Grace in January
Athletics (including Quad Kids	PE planning
Tennis	<a href="http://www.LTA-tennis.force.com">www.LTA-tennis.force.com</a> Penzance Tennis Club coach + PE planning
TAG Rugby	PE planning + Cornish Pirates RFC Community Coach
Cricket	PE planning +mChance2Shine
Swimming	Swim England Scheme of Work delivered by trained instructors at Penzance Leisure Centre
Basketball	PE Planning
Netball	PE Planning
Football	PE planning
Rounders	PE planning

Year	Additional Offer
EYFS	Balance-a-bility
Y1	Paul Feast Games MBA Multiskills Festival Dance week Cricket Festival Harbour games
Y2	Paul Feast Games MBA Multiskills Festival Dance Week <b>Woodland skills</b> Rapid-fire Cricket festival Harbour games
Y3	Paul Feast Games Dance Week Harbour games
Y4	Paul Feast Games RNLI Hit the Surf programme (one day) Dance Week <b>Woodland skills</b> Harbour games
Y5	Paul Feast Games Bikeability training (x2 half-day & x1 whole day sessions) Harbour games Surfing Sennen
Y6	Paul Feast Games Bikeability training (x2 half-day & X1 whole day sessions) Dance Week <b>Woodland skills</b> Harbour games Surfing Sennen