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

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|  | **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 | **Real PE Core Skills FUNS 10, 1**  Co-ordination footwork  Static Balance (one leg)  Rugby | **Real PE Core Skills FUNS 6, 2**  Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  REAL GYM WORK | **Real PE Core Skills FUNS 5, 4**  Dynamic balance: on a line  Static balance: Stance  Real Dance | **Real PE Core Skills FUNS 9, 7**  Co-ordination – ball skills. Counter Balance (with a partner)  **Balance Bikes??**  Tennis | **Real PE Core Skills FUNS 8, 12**  Co-ordination – sending and receiving.  Agility – reaction / response  CRICKET | | **Real PE Core Skills FUNS 11, 3**  Agility – ball chasing  Static Balance (floor work)  NSPORTS DAY – ATHLETICS |
| Skiffs  1/2 | **Real PE Core Skills FUNS 10, 1**  Year 1: Co-ordination: Footwork  Static Balance (one leg)  Rugby | **Real PE Core Skills FUNS 6, 2**  Year 1: Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  REAL GYM WORK | **Real PE Core Skills FUNS 5, 4**  Year 1: Dynamic Balance: on a line  Stance  Real Dance | **Real PE Core Skills FUNS 9, 7**  Year 1: Co-ordination – Sending and receiving  Counter Balance (with a partner)  TENNIS | **Real PE Core Skills FUNS 8, 12**  Year 1: Co-ordination – sending receiving  Agility Reaction.response  CRICKET, | **Real PE Core Skills FUNS 11,3**  Year 1: Agility – ball chasing  Static Balance (floor work)  SPORTS DAY – ATHLETICS | |
| Lugger Y3/4 | **Real PE Core Skills**  Year 3: Co-ordination: Footwork  Static Balance (one leg)  **FUNS 10, 1**  **RUGBY** | **Real PE Core Skills**  Year 3: Jumping landing, Seated balance  **FUNS 5, 9**  REAL GYM | **Real PE Core Skills**  Year 3: Dynamic balance – on a line. Co-ordination – ball skills  Real Dance  **SWIMMING** | **Real PE Core Skills**  Year 3: Co-ordination – sending and receiving.  Counter Balance (with a partner  **FUNS 8, 7**  Tennis  **SWIMMING** | **Real PE Core Skills**  Year 3: Agility – reaction / response. Static Balance (floor work)  **FUNS 12, 3**  Cricket | **Real PE Core Skills**  Year 3: Agility – ball chasing  Static Balance – stance  ROUNDERS, HOCKEY  **FUNS 11,4**  SPORTS DAY - ATHLETICS | |
| SchoonerY5/6 | **Real PE Core Skills FUNS 9, 12**  Year 5: Co-ordination – ball skills. Agility – reaction / response  **RUGBY**  **SWIMMING** | **Real PE Core Skills FUNS 8, 7**  Year 5: Co-ordination – Dynamic balance. Counter Balance (with a partner)  REAL Gym  **SWIMMING** | **Real PE Core Skills**  Year 5: Stance  Footwork  REAL DANCE | **Real PE Core Skills**  Year 5: Seated balance  Floorwork  **FUNS 5, 7**  **Tennis** | **Real PE Core Skills**  Year 5: Co-ordination: Jumping and landing  One leg balance  **FUNS 4,10**  Bikeability Y5  Cricket | **Real PE Core Skills**  Year 5: Agility – ball chasing  Co-ordination – sending and receiving  **FUNS 11,8**  SPORTS DAY – ATHLETICS  **SURFING** (BEACH)  RESISDENTIAL | |

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

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|  | **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 | **Core offer:**  Co-ordination footwork  Static Balance (one leg)  **FUNS 10, 1**  Football | **Core offer:**  Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  **FUNS 6, 2**    REAL GYM 2nd unit | **Core offer:**  Dynamic balance – on a line. Static Balance (stance)  **FUNS 5, 4**  Hockey | **Core offer:**  Co-ordination – ball skills. Counter Balance (with a partner)  **FUNS 9, 7**  NETBALL/Basketball | **Core offer:**  Co-ordination – sending and receiving/ Agility – reaction / response  **FUNS 8, 12**  Rounders | | **Core offer:**  Agility – ball chasing  Static Balance (floor work)  **FUNS 11, 3**  Athletics |
| Skiffs  1/2 | **Core offer:**  Year 2: Co-ordination: Footwork  Static Balance (one leg)  **FUNS 10, 1**  Football | **Core offer:**  Year 2: Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  **FUNS 6, 2**  REAL GYM 2nd unit | **Core offer:**  Year 2: Dynamic balance – on a line. Static Balance (stance)  **FUNS 5, 4**  Hockey | **Core offer:**  Year 2: Co-ordination – ball skills. Counter Balance (with a partner)  **FUNS 9, 7**  NETBALL/BASKETBALL | **Core offer:**  Year 2: Co-ordination – sending and receiving. Agility – reaction / response  **FUNS 8, 12**  Rounders | **Core offer:**  Year 2: Agility – ball chasing  Static Balance (floor work)  **FUNS 11, 3**  Athletics | |
| Lugger Y3/4 | **Core offer:**  Year 4: Co-ordination: Footwork  Static Balance (one leg)  **FUNS 10, 1**  Football | **Core offer:**  Year 4: Dynamic Balance to agility - Jumping and Landing. Static Balance (seated) **FUNS 6, 2**  REAL GYM 2nd unit | **Core offer:**  Year 4: Dynamic balance – on a line. Co-ordination – ball skills  **FUNS 5, 9**  **SWIMMING**  Hockey | **Core offer:**  Year 4: Co-ordination – sending and receiving. Counter Balance (with a partner)  **FUNS 8, 7**  **SWIMMING if needed**  NETBALL/BASKETBALL | **Core offer:**  Year 4: Agility – reaction / response. Static Balance (floor work)  **FUNS 12, 3**  Rounders | **Core offer:**  Year 4: Agility – ball chasing  Static Balance - stance  **FUNS 11, 4**  Athletics | |
| SchoonerY5/6 | **Core offer:**  Year 6: Co-ordination – ball skills. Agility – reaction / response  **FUNS 9, 12**  FOOTBALL  **SWIMMING** | **Core offer:**  Year 6: Static Balance (seated)  Static Balance (floor work)  **FUNS 2, 3**  REAL GYM 2nd unit  **SWIMMING** | **Core offer:**  Year 6: Dynamic balance – on a line. Counter Balance (with a partner  **FUNS 5, 7**  Hockey | **Core offer:**  Year 6: Static Balance (one leg)  Dynamic Balance to agility - Jumping and Landing **FUNS 1,6**  Netball/Basketball | **Core offer:**  Year 6: Co-ordination: Footwork  Static Balance: stance  **FUNS 4,10**  Rounders | **Core offer:**  Year 6: Surfing, surf life-saving, swimming  **FUNS 11,8**  ATHLETICS  SURFING – Sennen | |

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| **Sport Specific** | **Scheme** |
| Gym | REAL PE |
| Dance | REAL Dance + CPD enrichement with Grace in January |
| Athletics (including Quad Kids | PE planning |
| Tennis | [www.LTA-tennis.force.com](http://www.LTA-tennis.force.com)  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 |

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| **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  **Woodland skills**  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  **Woodland skills**  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  **Woodland skills**  Harbour games  Surfing Sennen |