**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 | **Real PE Core Skills FUNS 10, 1**Co-ordination footworkStatic 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 lineStatic balance: StanceReal 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 / responseCRICKET | **Real PE Core Skills FUNS 11, 3**Agility – ball chasingStatic Balance (floor work)NSPORTS DAY – ATHLETICS |
| Skiffs1/2  | **Real PE Core Skills FUNS 10, 1**Year 1: Co-ordination: FootworkStatic 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 lineStanceReal 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 receivingAgility Reaction.responseCRICKET,  | **Real PE Core Skills FUNS 11,3**Year 1: Agility – ball chasingStatic Balance (floor work)SPORTS DAY – ATHLETICS |
| Lugger Y3/4 | **Real PE Core Skills**Year 3: Co-ordination: FootworkStatic 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 skillsReal 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 chasingStatic Balance – stanceROUNDERS, 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: StanceFootworkREAL DANCE  | **Real PE Core Skills**Year 5: Seated balanceFloorwork**FUNS 5, 7****Tennis** | **Real PE Core Skills**Year 5: Co-ordination: Jumping and landingOne leg balance**FUNS 4,10**Bikeability Y5Cricket | **Real PE Core Skills**Year 5: Agility – ball chasingCo-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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 footworkStatic 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 chasingStatic Balance (floor work)**FUNS 11, 3**Athletics |
| Skiffs1/2  | **Core offer:**Year 2: Co-ordination: FootworkStatic 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 chasingStatic Balance (floor work)**FUNS 11, 3**Athletics |
| Lugger Y3/4 | **Core offer:**Year 4: Co-ordination: FootworkStatic 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 chasingStatic 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: FootworkStatic Balance: stance**FUNS 4,10**Rounders | **Core offer:**Year 6: Surfing, surf life-saving, swimming**FUNS 11,8**ATHLETICSSURFING – Sennen  |

|  |  |
| --- | --- |
| **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 |

|  |  |
| --- | --- |
| **Year** | **Additional Offer** |
| EYFS | Balance-a-bility |
| Y1 | Paul Feast GamesMBA Multiskills FestivalDance week Cricket Festival Harbour games |
| Y2 | Paul Feast GamesMBA Multiskills FestivalDance Week **Woodland skills**Rapid-fire Cricket festivalHarbour games |
| Y3 | Paul Feast GamesDance WeekHarbour games |
| Y4 | Paul Feast GamesRNLI Hit the Surf programme (one day)Dance Week**Woodland skills**Harbour games |
| Y5 | Paul Feast GamesBikeability training (x2 half-day & x1 whole day sessions)Harbour gamesSurfing Sennen |
| Y6 | Paul Feast GamesBikeability training (x2 half-day & X1 whole day sessions)Dance Week**Woodland skills**Harbour gamesSurfing Sennen |