

PE Curriculum – Regis Manor Primary School

At Regis Manor we follow the Real PE and Real gym schemes of work. These schemes cover one of each year groups PE lessons. Real PE and Real Gym develop the key abilities children need to be successful within PE and Sport and across the curriculum. Real P.E. and Real Gym provide a holistic, child-centred approach that ensures PE is relevant and meaningful. This has transformed how we teach PE by delivering a unique, whole school approach which is stage appropriate and progressive, meeting the needs of every child through support and challenge!

	Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
	Inside	Outside	Inside	Outside	Inside	Outside	Inside	Outside	Inside	Outside	Inside	Outside
Year 1	Gymnastics Shape and balance- At home Travel- jungle trip	Real P.E- Personal Coordination – Floor Movement Patterns Static Balance – One Leg Standing	Dance Copies and explores basic movements and body patterns Remembers simple movements and dance steps	Real P.E- Social Dynamic Balance to Agility Static Balance - Seated	Gymnastics Flight- Park life Rotation- Toy box	Real P.E- Cognitive Dynamic Balance Static Balance – Small Base	Dance Links movements to sounds and music. Responds to a range of stimuli.	Real P.E- Creative Coordination – Ball Skills Counter Balance in Pairs	Real P.E- Physical Coordination with Equipment Agility – Reaction/Response	Athletics Can run at different speeds. Can jump from a standing position	Real P.E- Health & fitness Agility – Ball Chasing Static Balance – Floor Work	Athletics Performs a variety of throws with basic control.
Year 2	Gymnastics Shape and balance- AT home Travel- jungle trip	Real P.E- Personal Coordination – Floor Movement Patterns Static Balance – One Leg Standing	Dance Movement and control Levels and speed Vary body shape and size. Direction	Real P.E- Social Dynamic Balance to Agility Static Balance - Seated	Gymnastics Flight with hand apparatus- Park life Rotation with apparatus- Toy box	Real P.E- Cognitive Dynamic Balance Static Balance – Small Base	Dance Uses space well Uses dance vocabulary Responds imaginatively to stimuli.	Real P.E- Creative Coordination – Ball Skills Counter Balance in Pairs	Real P.E- Physical Coordination with Equipment Agility – Reaction/Response	Athletics Can change speed and direction whilst running. Can jump from a standing position with accuracy.	Real P.E- Health & fitness Agility – Ball Chasing Static Balance – Floor Work	Athletics Performs a variety of throws with control and coordination · Can use equipment safely.
Year 3	Gymnastics Travel and balance- mapping pathways Rotation and shape- rotation sequences	Real P.E- Personal Cardio - Coordination – Floor Movement Patterns Cool Down - Static Balance - One Leg Standing	Dance Create a simple dance Compare and adapt movements	Real P.E- Social Cardio - Dynamic Balance to Agility Cool Down - Static Balance - Seated	Gymnastics Flight- flight sequences Shape and balance- climbing sequences	Real P.E- Cognitive Cardio - Dynamic Balance Cool Down - Coordination - Ball Skills	Dance Improvise with a partner to make a simple dance Use simple dance vocabulary to change and improve dances	Real P.E- Creative Cool Down - Coordination with Equipment Cool Down - Counter Balance in Pairs	Real P.E- Physical Cardio - Agility - Reaction/Response Cool Down - Static Balance – Floor Work	Athletics Beginning to run at speeds appropriate for the distance. Can perform a running jump with some accuracy.	Real P.E- Health & fitness Cardio - Agility - Ball Chasing Cool Down - Static Balance – Small Base	Athletics Performs a variety of throws using a selection of equipment. Can use equipment safely and with good control.

Year 4	Gymnastics Balance-partner balance sequence Rotation- hand, ball apparatus sequences	Real P.E- Personal Cardio - Coordination – Floor Movement Patterns Cool Down - Static Balance - One Leg Standing	Dance Confidently improvises with a partner or on their own. Beginning to create longer dance sequences in a larger group. Precision and some control in response to stimuli.	Real P.E- Social Cardio – Dynamic Balance to Agility Cool Down – Static Balance – Seated	Gymnastics Flight-partner rope sequences Travel and balance-apparatus sequences	Real P.E- Cognitive Cardio – Dynamic Balance Cool Down – Coordination – Ball Skills	Dance Beginning to vary dynamics and develop actions. Demonstrates rhythm and spatial awareness. Modifies parts of a sequence as a result of self-evaluation. Uses simple dance vocabulary to compare and improve work.	Real P.E- Creative Cool Down - Coordination with Equipment Cool Down - Counter Balance in Pairs	Real P.E- Physical Cardio - Agility - Reaction/Response Cool Down - Static Balance – Floor Work	Athletics Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component.	Real P.E- Health & fitness Cardio - Agility - Ball Chasing Cool Down - Static Balance – Small Base	Athletics Demonstrates accuracy in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.
Year 5	Gymnastics/Swimming Group hand apparatus sequences Group bench sequences	Real P.E- Cognitive Coordination – Ball Skills Agility – Reaction/Response	Dance/ Swimming Exaggerate movements to use expression when dancing. Combines flexibility, techniques and movements to create a fluent sequence. Moves appropriately and with the required style in relation to the stimulus. Beginning to show a change of pace and timing in their movements.	Real P.E- Creative Static Balance – Seated Static Balance – Floor Work	Gymnastics/ Swimming Partner balance sequences Large apparatus sequences	Real P.E- Social Dynamic Balance Counter Balance in Pairs	Dance/ Swimming Uses the space provided to his maximum potential. Improvises with confidence, still demonstrating fluency across their sequence. Modifies parts of a sequence as a result of self and peer evaluation. Uses more complex dance vocabulary to compare and improve work.	Real P.E- Physical Static Balance – One Leg Standing Dynamic Balance to Agility	Real P.E- Health & fitness Static Balance – Small Base Coordination – Floor Movement Patterns	Athletics Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. Beginning to record peer performances, and evaluate these.	Real P.E- Personal Agility – Ball Chasing Coordination with Equipment	Athletics Demonstrates accuracy and confidence in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.

Year 6	Gymnastics Group hand apparatus sequences Group bench sequences	Real P.E- Cognitive Coordination – Ball Skills Agility – Reaction/Response	Dance Exaggerate dance movements. Performs with confidence, using a range of movement patterns. Demonstrates a strong imagination when creating own dance sequences. Demonstrates strong movements throughout a dance sequence. Combines flexibility, techniques and movements to create a fluent sequence.	Real P.E- Creative Static Balance – Seated Static Balance – Floor Work	Gymnastics Partner balance sequences Large apparatus sequences	Real P.E- Social Dynamic Balance Counter Balance in Pairs	Dance Moves appropriately and with the required style in relation to the stimulus. Beginning to show a change of pace and timing in their movements. Is able to move to the beat accurately in dance sequences. Improvises with confidence, still demonstrating fluency.	Real P.E- Physical Static Balance – One Leg Standing Dynamic Balance to Agility	Real P.E- Health & fitness Static Balance – Small Base Coordination – Floor Movement Patterns	Athletics Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. Beginning to record peers performances, and evaluate these.	Real P.E- Personal Agility – Ball Chasing Coordination with Equipment	Athletics Demonstrates accuracy and confidence in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.
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