

## North Mundham primary School PE curriculum and progression

KEY STAGE 1		Autumn Intent		Spring Intent		Summer Intent	
	Lesson	1 Social	2 Personal	3 Cognitive	4 Creative	5 Physical	6 Health and Fitness
Year 1	1	Real Gym/Dance Social - Taking Turns and Sharing Shape - At Home (1-3) Travel - Jungle Trip (4-6)	real PE Follow instructions Work safely  FUNS Coordination - Floor Movement Patterns One Leg Standing	Real PE Name things I'm good at Understand simple rules FUNS Dynamic Balance Static balance - small base	Real PE Describe/Explore different movements FUNS Coordination - ball skills Counter Balance in Pairs	Real Dance- Physical Perform and link more than two skills Shape, circles, partnering, Artistry	Real PE Understand why exercise is important FUNS Cardio - Agility - Ball Chasing Static Balance - floor work
	2	Coaches Large ball games	Coaches Indoor/Team games	Coaches Net games	Coaches Invasion Games Football	Coaches Athletics Run Jump Throw Sports Day Prep	Coaches Multi skills/small ball games
Year 2	1	Real Gym Social Work sensibly and taking turns Balance - Toy Box (1-3) Travel- Jungle Trip (4-6)	Real PE Trying new movements FUNS Coordination - Floor Movement Patterns One Leg Standing	Real PE Evaluate others performances Recognise similarities/differences Dynamic Balance Static balance - small base	Real PE Link movement to a theme/music Compare others performances FUNS Coordination - ball skills Counter Balance in Pairs	Real Dance- Physical Perform sequences with different levels Shape, circles, partnering, Artistry	Real PE Use equipment safely Feelings after exercise FUNS Cardio - Agility - Ball Chasing Static Balance - floor work
	2	Coaches Large ball games	Coaches Indoor/Team games	Coaches Net games	Coaches Invasion games Football	Coaches Athletics Run Jump throw Sports Day Prep	Coaches Multi skills and small ball games

KEY STAGE 2		Autumn Intent		Spring Intent		Summer Intent	
		1 Social	2 Personal	3 Cognitive	4 Creative	5 Physical	6 Health and Fitness
Year 3	1	Real Gym Social Social - Showing and telling ideas Travel - Mapping pathways (1-3) Rotation- Rotations sequences (4-6)	Real PE Begin to challenge myself Know where I am at  FUNS Cardio - Coordination Floor Movement Patterns One Leg Standing	Real PE Begin to make improvements Explain successes  FUNS Cardio - Dynamic Balance Coordination - Ball Skills	Real PE Making up own rules Responding to tasks FUNS Coordination with Equipment Counter Balance in Pairs	Real Dance- Physical Repeat longer sequences with control Shape, circles, partnering, Artistry	Real PE Explain bodily Changes Explain Warm ups/down Cardio - Agility - Ball Chasing Static Balance - Small Base
	2	Swimming (No Coaches)	Swimming (No Coaches)	Coaches Football	Coaches Netball	Swimming	Swimming
Year 4	1	Real Gym Social Social - Share my ideas Balance - Acrobatic sequences (1-3) Rotation - Rotation Sequences (4-6)	Real PE Challenging myself Overcoming Difficulties FUNS - Co-ordination Static Balance	Real PE Improving my performance Making good decisions FUNS Dynamic Balance Coordination	Real PE Making up rules Similar/different movements FUNS Coordination with Equipment Counter Balance in Pairs	Real Gym Physical Physical - Balance - Acrobatic sequences (1-3) Rotation - Rotation Sequences (4-6) And/or Real Dance Balance Skills	Real PE Describing Body Changes Warm ups and cool downs Cardio - Agility - Ball Chasing Static Balance - Small Base
	2	Coaches Invasion Games Football	Coaches Real PE Hockey	Coaches Netball	Coaches Tennis	Coaches Athletics	Coaches Striking and Fielding Rounders /Cricket

		1 Social	2 Personal	3 Cognitive	4 Creative	5 Physical	6 Health and Fitness
Year 5	1	Real Gym Social Social - Negotiate and collaborate Hand Apparatus - Rhythmic Sequences (1-3) Low Apparatus Bench Sequences (4-6)	Real PE Setting Targets FUNS Co-ordination Agility	Real PE Attacking/defending and making decisions FUNS Static Balance Co-ordination	Real PE Create Sequences and Move imaginatively FUNS Seated and Floor Work Balancing	Real Gym Physical Hand apparatus Low Apparatus And Or Real Dance Shapes/Solo Artistry, partnering, Circles, Shapes	Real PE Monitoring exercise Basic Fitness FUNS Co-ordination and Agility
	2	Coaches Invasion games Football	Coaches real PE Hockey	Swimming	Swimming	Coaches Athletics Sports Day Prep	Coaches Cricket
Year 6	1	Real Gym Social Social - Receive Feedback from others Partner Work - Acrobatic Sequences (7-9) Large Apparatus Climbing Sequences (10-12)	Real PE Setting Targets FUNS Co-ordination Agility Squash	Real PE Attacking/defending and making decisions FUNS Static Balance Co-ordination	Real PE Create Sequences and Move imaginatively FUNS Seated and Floor Work Balancing	Real Gym Physical Physical - Apply greater skill with good control Flight- Flight sequences with ropes (7-9) Travel - Group Sequences (10-12) And Or Real Dance Shapes/Solo Artistry, partnering, Circles, Shapes	Real PE Monitoring exercise Basic Fitness FUNS Co-ordination and Agility
	2	Coaches Invasion games Football	Coaches Hockey	Coaches Basketball/Netball	Coaches Tennis	Coaches Athletics Sports Day Prep	Coaches Cricket <b>Swimming TOP UP</b>

EOTC = Forest Schools Program/ Canoeing = Year 5 /Cobnor Residential = Year 6

### Tournaments for each half term

<b>AUTUMN</b>	<b>SPRING</b>	<b>SUMMER</b>
Nov/Dec	Mar/Apr	July
Year 3 /4	Year 3/4	Year 3/4
Football	Hockey	Cricket
Year 5/6	Year 5/6	Year 5/6
Football	Rugby	Cricket