



Physical Education

Physical Education at Newtown Linford Primary School is about being healthy, expressive and enjoying competitive sports. We use a combination of Real PE and sports coach expert teaching to deliver the PE curriculum. In core PE children learn and progress through developing six learning behaviours and twelve fundamental movement skills. Children also have the opportunity to learn dance, gym and a variety of competitive sports.

Learning Behaviours: Personal Social Cognitive Creative Physical Health and Fitness

Fundamental Movement Skills: Stance, Footwork, Floorwork, Seated Balance, Ball Skills, Ball Chasing, Sending and Receiving, Reaction and Response, Jumping and Landing, One Leg Balance, Counter Balance in Pairs and Dynamic Balance on a Line

Cycle A

		Autumn 1 EYFS - Unit 1	Autumn 2 EYFS - Unit 2	Spring 1 EYFS - Unit 3	Spring 2 EYFS - Unit 4	Summer 1 EYFS - Unit 5	Summer 2 EYFS - Unit 6
EYFS	Session 1 Core Real PE https://app.realpe.co.uk/pe/year/0	Learning Behaviour: Personal – Follow Instructions Fundamental Movement Skills: In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games .	Learning Behaviour: Social – Play with Others Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games .	Learning Behaviour: Cognitive – Follow Rules Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games .	Learning Behaviour: Creative – Observe and Copy Fundamental Movement Skills: In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games .	Learning Behaviour: Physical – Move in Different Ways Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games .	Learning Behaviour: Health and Fitness – Exercise and Good Health Fundamental Movement Skills: In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games .
Key Stage 1	Session 1 Core Real PE https://app.realpe.co.uk/pe/year/2	Year 2 - Unit 1 Learning Behaviour: Personal - Keep Trying Fundamental Movement Skills: In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, cooperative and competitive games.	Year 2 - Unit 2 Learning Behaviour: Social – Help and Encourage Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, cooperative and competitive games.	Year 2 - Unit 3 Learning Behaviour: Cognitive – Understand Performance Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and stance through focused skill development sessions, cooperative and competitive games.	Year 2 - Unit 4 Learning Behaviour: Creative – Link Movements Fundamental Movement Skills: In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused skill development sessions, cooperative and competitive games.	Year 2 - Unit 5 Learning Behaviour: Physical – Sequence Movements and Skills Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, cooperative and competitive games.	Year 2 - Unit 6 Learning Behaviour: Health and Fitness – Practice Safely Fundamental Movement Skills: In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, cooperative and competitive games.
	Session 2 Real Dance, Real Gym and Expert Coaches	Competitive Sport Games – Hit, catch and run Throw objects effectively for accuracy and distance	Gym - Year 2 – Unit 1 Learning Behaviour: Social – Help and Encourage	Gym - Year 2 - Unit 2 Learning Behaviour: Cognitive – Understand Performance	Dance – Year 2 – Unit Learning Behaviour: Creative – Link Movements	Competitive Sport Games – Attach, defend and shoot	Competitive Sport Athletics – Run, jump and throw - Run at different speeds

			Gym Skills - In this unit, the children will learn, develop and apply balance and travel on the floor and apparatus through focused skill development, thematic warm-ups and games. https://app.realpe.co.uk/gym/year/2/unit/1	Gym Skills - In this unit, the children will learn, develop and apply flight and rotation on the floor and apparatus through focused skill development, thematic warm-ups and games. https://app.realpe.co.uk/gym/year/2/unit/2	Dance Skills - In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through partnering and artistry. https://app.realpe.co.uk/dance/year/2/unit/1		
Lower Key Stage 2	Session 1 Core Real PE https://app.realpe.co.uk/pe/year/4	Year 4 - Unit 1 Learning Behaviour: Personal – Accept Challenge Fundamental Movement Skills: In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.	Year 4 - Unit 2 Learning Behaviour: Social - Support Others Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.	Year 4 - Unit 3 Learning Behaviour: Cognitive – Identify Areas to Improve Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.	Year 4 - Unit 4 Learning Behaviour: Creative – Recognise and Respond Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.	Year 4 - Unit 5 Learning Behaviour: Physical – Select and Apply Fundamental Movement Skills: In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.	Year 4 - Unit 6 Learning Behaviour: Health and Fitness – Prepare for Activity Fundamental Movement Skills: In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.
	Session 2 Real Dance, Real Gym and Expert Coaches	Competitive Sport Tag Rugby How to tag and pull tags out Rules of the game	Gym - Year 4 – Unit 1 Learning Behaviour: Social - Support Others Gym Skills - In this unit, the children will learn, develop and apply balance and rotation on the floor, with hand apparatus and partner work through focused skill development, sequence creation and games. https://app.realpe.co.uk/gym/year/4/unit/1	Gym - Year 4 - Unit 2 Learning Behaviour: Cognitive – Identify Areas to Improve Gym Skills - In this unit, the children will learn, develop and apply flight and rotation on the floor and apparatus through focused skill development, thematic warm-ups and games. https://app.realpe.co.uk/gym/year/4/unit/2	Dance – Year 4 – Unit Learning Behaviour: Creative – Recognise and Respond Dance Skills - In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through partnering and artistry. https://app.realpe.co.uk/dance/year/4/unit/1	Competitive Sport Cricket Use basic skills with more consistency, bowling to the opposition and striking a bowled ball -Adhere to basic rules on the game - Can assign roles and positions to best ensure success as a fielding team, Build knowledge of rules of the game, Develop accuracy to hit a target	Competitive Sport Athletic Running technique Taking off on strong foot Running on front of foot 2 feet jump
	Session 1 Core Real PE	Year 6 - Unit 1	Year 6 - Unit 2	Year 6 - Unit 3	Year 6 - Unit 4	Year 6 - Unit 5	Year 6 - Unit 6

Upper Key Stage 2	https://app.realpe.co.uk/pe/year/6	Learning Behaviour: Personal – Consistently Try to Improve Fundamental Movement Skills: In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Learning Behaviour: Social – Organise and Guide Others Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Learning Behaviour: Cognitive – Make Good Decisions Fundamental Movement Skills: In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Learning Behaviour: Creative – Adapt/Change Activities Fundamental Movement Skills: In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Learning Behaviour: Physical – Link Actions to Follow Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Learning Behaviour: Health and Fitness – Monitor Activity Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.
	Session 2 Real Dance, Real Gym and Expert Coaches	Competitive Sport Invasion Hockey -Pupils should pass, dribble and shoot with control in games - Identify and use tactics to help their team keep the ball and take it towards the opposition's goal - Mark opponents and help each other in defence - Know and carry out warm-up activities that use exercises helpful for invasion games - Pick out things that could be improved in performances and suggest ideas and practices to make them better	Gym – Unit 1 Learning Behaviour – Cognitive – Judge Performance Gym Skills - In this unit, the children will learn, develop and apply all gym skills on the floor, with hand apparatus and on low apparatus through focused skill development, sequence creation and games. https://app.realpe.co.uk/gym/year/5/unit/1	Competitive Sport Badminton -Learn rules of the game - Hand eye co-ordination (smaller racket) - Under arm over arm, serve - Understand point scoring - Pick out things that could be improved in performances and suggest ideas and practices to make them better	Competitive Sport Tag Rugby -Select and implement appropriate skills in game situations -Know the rules of the game -Combine basic skills such as catching then passing quickly - Develop tackling and defending skills	Competitive Sport Cricket -Can start to adapt bowling to different styles -Can attempt a range of recognised shots - Learn batting positions, -Pick out things that could be improved in performances - Suggest ideas and practices to make them better - Can identify what make a team successful or not	Fitness Fitness Sessions

Cycle B

		Autumn 1 EYFS - Unit 1	Autumn 2 EYFS - Unit 2	Spring 1 EYFS - Unit 3	Spring 2 EYFS - Unit 4	Summer 1 EYFS - Unit 5	Summer 2 EYFS - Unit 6
EYFS	Session 1 Core Real PE https://app.realpe.co.uk/pe/year/0	Learning Behaviour: Personal – Follow Instructions Fundamental Movement Skills: In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games .	Learning Behaviour: Social – Play with Others Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games .	Learning Behaviour: Cognitive – Follow Rules Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games .	Learning Behaviour: Creative – Observe and Copy Fundamental Movement Skills: In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games .	Learning Behaviour: Physical – Move in Different Ways Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games .	Learning Behaviour: Health and Fitness – Exercise and Good Health Fundamental Movement Skills: In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games .
Key Stage 1	Session 1 Core Real PE https://app.realpe.co.uk/pe/year/1	Year 1 - Unit 1 Learning Behaviour: Personal - Stay on Task Fundamental Movement Skills: In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, thematic stories and games.	Year 1 - Unit 2 Learning Behaviour: Social - Understand Others Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, thematic stories and games.	Year 1 - Unit 3 Learning Behaviour: Cognitive - Observe and Describe Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and stance through focused skill development sessions, thematic stories and games.	Year 1 - Unit 4 Learning Behaviour: Creative - Explore and Describe Fundamental Movement Skills: In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused skill development sessions, thematic stories and games.	Year 1 - Unit 5 Learning Behaviour: Physical - Control Movement Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, thematic stories and games.	Year 1 - Unit 6 Learning Behaviour: Health and Fitness - Exercise and the Body Fundamental Movement Skills: In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, thematic stories and games.
	Session 2 Real Dance, Real Gym and Expert Coaches	Competitive Sport Games – Run, jump and throw	Gym - Year 1 – Unit 1 Learning Behaviour: Social - Understand Others Gym Skills - In this unit, the children will learn, develop and apply	Gym – Year 1 – Unit 2 Learning Behaviour: Cognitive – Follow Rules Gym Skills - In this unit, the children will learn, develop and apply flight and rotation on the floor	Dance – Year 1 – Unit 1 Learning Behaviour: Creative - Explore and Describe Dance Skills - In this unit, the children will learn and develop shapes and	Competitive Sport Games – Hit, catch and run	Competitive Sport Games – Send and Return

			shapes and travel on the floor and apparatus through focused skill development, thematic warm-ups and games. https://app.realpe.co.uk/gym/year/1/unit/1	and apparatus through focused skill development, thematic warm-ups and games. https://app.realpe.co.uk/gym/year/1/unit/2	circles and create sequences of movement with these through partnering and artistry. https://app.realpe.co.uk/dance/year/1/unit/1		
Lower Key Stage 2	Session 1 Core Real PE https://app.realpe.co.uk/pe/year/3	Year 3 - Unit 1 Learning Behaviour: Personal – Know Where I am in my Learning Fundamental Movement Skills: In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Year 3 - Unit 2 Learning Behaviour: Social – Share Ideas Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and seated balance focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Year 3 - Unit 3 Learning Behaviour: Cognitive – Recognise Success Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Year 3 - Unit 4 Learning Behaviour: Creative – Respond Differently Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Year 3 - Unit 5 Learning Behaviour: Physical – Perform and Repeat Fundamental Movement Skills: In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.	Year 3 - Unit 6 Learning Behaviour: Health and Fitness – Know How and Why the Body Changes Fundamental Movement Skills: In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges.
	Session 2 Real Dance, Real Gym and Expert Coaches	Competitive Sport Netball	Gym - Year 3 – Unit 1 Learning Behaviour: Social – Share Ideas Gym Skills – In this unit, the children will learn, develop and apply travel and rotation on the floor, with hand apparatus and partner work through focused skill development, sequence creation and games. https://app.realpe.co.uk/gym/year/3/unit/1	Gym – Year 3 – Unit 2 Learning Behaviour: Cognitive – Recognise Success Gym Skills - In this unit, the children will learn, develop and apply flight and balance on the floor, on low and large apparatus through focused skill development, warm-ups and games. https://app.realpe.co.uk/gym/year/3/unit/2	Dance – Year 3 – Unit 1 Learning Behaviour: Creative – Respond Differently Dance Skills - In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through partnering and artistry. https://app.realpe.co.uk/dance/year/3/unit/1	Competitive Sport Hockey	Competitive Sport Tennis
Upper Key Stage 2	Session 1 Core Real PE https://app.realpe.co.uk/pe/year/5	Year 5 - Unit 1 Learning Behaviour: Personal – React Positively to Change	Year 5 - Unit 2 Learning Behaviour: Social – Provide Helpful Feedback	Year 5 - Unit 3 Learning Behaviour: Cognitive – Judge Performance	Year 5 - Unit 4 Learning Behaviour: Creative – Express Ideas Fundamental Movement Skills: In this unit, the	Year 5 - Unit 5 Learning Behaviour: Physical – Combining Skills in Specific Contexts	Year 5 - Unit 6 Learning Behaviour: Health and Fitness – Describe Basic Fitness Components



		Fundamental Movement Skills: In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Fundamental Movement Skills: In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Fundamental Movement Skills: In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Fundamental Movement Skills: In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.	Fundamental Movement Skills: In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.
	Session 2 Real Dance, Real Gym and Expert Coaches	Competitive Sport Netball	Gym- Year 5/6 – Unit 2 Learning Behaviour – Social – Organise and Guide Others Gym Skills - In this unit, the children will learn, develop and apply all gym skills on the floor , through partner work and on large apparatus through focused skill development, sequence creation and games. https://app.realpe.co.uk/gym/year/5/unit/2	Dance - Year 5/6 – Unit 1 Learning Behaviour: Cognitive – Judge Performance Dance Skills - In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through partnering and artistry. https://app.realpe.co.uk/dance/year/5/unit/1	Competitive Sport Hockey	Competitive Sport Tennis	Competitive Sport Athletics