

REAL PE Cycle A and Cycle B

Cycle A/B: Foundation

FOUNDATION UNITS

Unit 1 Personal

Footwork
One Leg Balance

Unit 2 Social

Jumping and Landing
Seated Balance

Unit 3
Cognitive
Dynamic Balance
Stance

Unit 4
Creative
Ball Skills
Counter Balance

Unit 5
Physical
Sending and Receiving
Reaction / Response

Unit 6
Fitness
Ball Chasing
Floor Work



Follow Instructions

Expected

- I enjoy working on simple tasks with help.

Exceeding

- I can follow instructions and practise safely.
- I can work on simple tasks by myself.



Coordination
Footwork



Bike



Static Balance
One Leg Balance



Pirate

In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games.



Emerging

I can explore footwork and one leg balance movements



Expected

I can complete some Yellow challenges



Exceeding

I can complete all Yellow challenges



Play with Others

Expected

- I can play with others and take turns and share with help.

Exceeding

- I can work sensibly with others.
- I can work sensibly with others, taking turns and sharing.



Dynamic Balance to Agility
Jumping and Landing



Space



Static Balance
Seated Balance



Jungle

In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games.



Emerging

I can explore jumping and landing and seated balance movements



Expected

I can complete some Yellow challenges



Exceeding

I can complete all Yellow challenges



Follow Rules

Expected

- I can follow simple instructions.

Exceeding

- I can understand and follow simple rules.
- I can name some things I am good at.



Dynamic Balance
Dynamic Balance



Tightrope



Static Balance
Stance



Tightrope

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games.



Emerging

I can explore dynamic balance on a line and stance movements



Expected

I can complete some Yellow challenges



Exceeding

I can complete all Yellow challenges



Observe and Copy

Expected

- I can observe and copy others.

Exceeding

- I can explore different movements.
- I can explore and describe different movements.



Coordination
Ball Skills



Clown



Counter Balance
Counter Balance



Seaside

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.



Emerging

I can explore ball and counter balance with a partner movements



Expected

I can complete some Yellow challenges



Exceeding

I can complete all Yellow challenges



Move in Different Ways

Expected

- I can move confidently in different ways.

Exceeding

- I can perform a single skill or movement with some control.
- I can perform a small range of skills and link two movements together.



Coordination
Sending and Receiving



Juggling



Agility
Reaction / Response



Fairytale

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games.



Emerging

I can explore sending and receiving and reaction and response movements



Expected

I can complete some Yellow challenges



Exceeding

I can complete all Yellow challenges



Exercise and Good Health

Expected

- I am aware of the changes to the way I feel when I exercise.

Exceeding

- I am aware of why exercise is important for good health.



Agility
Ball Chasing



Squirrel



Static Balance
Floor Work



Cat

In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games.



Emerging

I can explore ball chasing and floor work balance movements



Expected

I can complete some Yellow challenges






Exceeding

I can complete all Yellow challenges




Cycle A: Year 2 Thatchers Class

YEAR 2 UNITS					
Unit 1 Personal Footwork One Leg Balance	Unit 2 Social Jumping and Landing Seated Balance	Unit 3 Cognitive Dynamic Balance Stance	Unit 4 Creative Ball Skills Counter Balance	Unit 5 Physical Sending and Receiving Reaction / Response	Unit 6 Fitness Ball Chasing Floor Work

Year 1

-  **Emerging**
I can complete **some** Yellow challenges
-  **Expected**
I can complete **all** Yellow challenges
-  **Exceeding**
I can complete **some** Green challenges

Year 2

-  **Emerging**
I can complete **some** Green challenges
-  **Expected**
I can complete **all** Green challenges
-  **Exceeding**
I can complete **some** Red challenges



Keep Trying

This unit focuses on developing every child's ability to keep trying and persevere with a task.



Coordination
Footwork



Static Balance
One Leg Balance

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, cooperative and competitive games.



Help and Encourage

This unit focuses on developing every child's ability to help, praise and encourage others.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance

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.



Understand Performance

This unit focuses on developing every child's ability to recognise similarities and differences in performance.



Dynamic Balance
Dynamic Balance



Static Balance
Stance

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.



Link Movements

This unit focuses on developing every child's ability to select and link different movements together using a stimuli.



Coordination
Ball Skills



Counter Balance
Counter Balance

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.



Sequence Movements and Skills

This unit focuses on developing every child's ability to sequence different movements and skills together.



Coordination
Sending and Receiving



Agility
Reaction / Response

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.



Practise Safely

This unit focuses on developing every child's ability to use equipment appropriately and move and land safely.



Agility
Ball Chasing



Static Balance
Floor Work

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.

Cycle B: Year 1 Thatchers Class

YEAR 1 UNITS

Unit 1 Personal

Footwork
One Leg Balance

Unit 2 Social

Jumping and Landing
Seated Balance

Unit 3 Cognitive

Dynamic Balance
Stance

Unit 4 Creative

Ball Skills
Counter Balance

Unit 5 Physical

Sending and Receiving
Reaction / Response

Unit 6 Fitness

Ball Chasing
Floor Work

Year 1



Emerging

I can complete **some** Yellow challenges



Expected

I can complete **all** Yellow challenges



Exceeding

I can complete **some** Green challenges

Year 2



Emerging

I can complete **some** Green challenges



Expected

I can complete **all** Green challenges



Exceeding

I can complete **some** Red challenges

Personal

Stay on Task

This unit focuses on developing every child's ability to focus and stay on task.



Coordination
Footwork



Static Balance
One Leg Balance



Bike



Pirate

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, thematic stories and games.

Social

Understand Others

This unit focuses on developing every child's ability to take turns and encourage others.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance



Space



Jungle

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.

Cognitive

Observe and Describe

This unit focuses on developing every child's ability to name some things they are good at.



Dynamic Balance
Dynamic Balance



Static Balance
Stance



Train



Tightrope

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.

Creative

Explore and Describe

This unit focuses on developing every child's ability to explore and describe different movements.



Coordination
Ball Skills



Counter Balance
Counter Balance



Clown



Seaside

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.

Physical

Control Movement

This unit focuses on developing every child's ability to perform a range of skills with control and consistency.



Coordination
Sending and Receiving



Agility
Reaction / Response



Juggling



Fairytale

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.

Health and Fitness

Exercise and the Body

This unit focuses on developing every child's ability to express how their body feels before, during and after exercise.



Agility
Ball Chasing



Static Balance
Floor Work



Squirrel



Cat

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.

Cycle A: Year 4 Weavers Class

YEAR 4 UNITS

Unit 1 Personal

Footwork
One Leg Balance

Unit 2 Social

Jumping and Landing
Seated Balance

Unit 3 Cognitive

Dynamic Balance
Ball Skills

Unit 4 Creative

Sending and Receiving
Counter Balance

Unit 5 Physical

Reaction / Response
Floor Work

Unit 6 Fitness

Ball Chasing
Stance

Year 3



Emerging
I can complete all Green challenges



Expected
I can complete some Red challenges



Exceeding
I can complete all Red challenges

Year 4



Emerging
I can complete some Red challenges



Expected
I can complete all Red challenges



Exceeding
I can complete some Blue challenges



Accept Challenge

This unit focuses on developing every child's ability to challenge themselves in order to improve and cope well when tasks become challenging.



Coordination
Footwork



Static Balance
One Leg Balance

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.



Support Others

This unit focuses on developing every child's ability to show patience, listen to and support others.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance

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.



Identify Areas to Improve

This unit focuses on developing every child's ability to identify specific areas they need to improve in.



Dynamic Balance
Dynamic Balance



Coordination
Ball 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.



Recognise and Respond

This unit focuses on developing every child's ability to recognise similarities and differences in movement/expressions and use this to inform their ideas.



Coordination
Sending and Receiving



Counter Balance
Counter Balance

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.



Select and Apply

This unit focuses on developing every child's ability to successfully select and apply different skills with control and consistency.



Agility
Reaction / Response



Static Balance
Floor Work

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.



Prepare for Activity

This unit focuses on developing every child's ability to understand why and how to prepare for and recover from activity.



Agility
Ball Chasing



Static Balance
Stance

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.

Cycle B: Year 3 Weavers Class

YEAR 3 UNITS

Unit 1 Personal

Footwork
One Leg Balance

Unit 2 Social

Jumping and Landing
Seated Balance

Unit 3 Cognitive

Dynamic Balance
Ball Skills

Unit 4 Creative

Sending and Receiving
Counter Balance

Unit 5 Physical

Reaction / Response
Floor Work

Unit 6 Fitness

Ball Chasing
Stance

Year 3



Emerging

I can complete **all** Green challenges



Expected

I can complete **some** Red challenges



Exceeding

I can complete **all** Red challenges

Year 4



Emerging

I can complete **some** Red challenges



Expected

I can complete **all** Red challenges



Exceeding

I can complete **some** Blue challenges



Know Where I am in my Learning

This unit focuses on developing every child's ability to know where they are in their learning and use this to help improve their performance through practice.



Coordination
Footwork



Static Balance
One Leg Balance

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.



Share Ideas

This unit focuses on developing every child's ability to have the confidence to share their ideas in different ways.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
Seated Balance

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.



Recognise Success

This unit focuses on developing every child's ability to identify and explain things they are doing well.



Dynamic Balance
Dynamic Balance



Coordination
Ball 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.



Respond Differently

This unit focuses on developing every child's ability to respond differently to different tasks or activities.



Coordination
Sending and Receiving



Counter Balance
Counter Balance

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.



Perform and Repeat

This unit focuses on developing every child's ability to perform and repeat different movements and sequences with control and consistency.



Agility
Reaction / Response



Static Balance
Floor Work

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.



Know How and Why the Body Changes

This unit focuses on developing every child's ability to describe how and why their body changes during and after exercise.



Agility
Ball Chasing



Static Balance
Stance

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.

Cycle A: Year 6 Foresters Class

YEAR 6 UNITS

Unit 1 Personal

Ball Skills
Reaction / Response

Unit 2 Social

Dynamic Balance
Counter Balance

Unit 3 Cognitive

Stance
Footwork

Unit 4 Creative

Seated Balance
Floor Work

Unit 5 Physical

Jumping and Landing
One Leg Balance

Unit 6 Fitness

Sending and Receiving
Ball Chasing

Year 5



Emerging

I can complete **all** Red challenges



Expected

I can complete **some** Blue challenges



Exceeding

I can complete **all** Blue challenges

Year 6



Emerging

I can complete **some** Blue challenges



Expected

I can complete **all** Blue challenges



Exceeding

I can complete **some** Pink challenges



Consistently Try to Improve

This unit focuses on developing every child's ability to try to improve through perseverance and regular practice.



Coordination
Ball Skills



Agility
Reaction / Response

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.



Organise and Guide Others

This unit focuses on developing every child's ability to organise roles and responsibilities within a group.



Dynamic Balance
Dynamic Balance



Counter Balance
Counter Balance

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.



Make Good Decisions

This unit focuses on developing every child's ability to use their awareness of space/others to make good decisions.



Static Balance
Stance



Coordination
Footwork

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.



Adapt/Change Activities

This unit focuses on developing every child's ability to change tactics, rules or tasks to make activities more fun or challenging.



Static Balance
Seated Balance



Static Balance
Floor Work

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.



Link Actions to Flow

This unit focuses on developing every child's ability to accurately perform different movements and actions together so that flow.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
One Leg Balance

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.



Monitor Activity

This unit focuses on developing every child's ability to monitor and record their activity.



Coordination
Sending and Receiving



Agility
Ball Chasing

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.

Cycle B: Year 5 Foresters Class

YEAR 5 UNITS					
Unit 1 Personal Ball Skills Reaction / Response	Unit 2 Social Dynamic Balance Counter Balance	Unit 3 Cognitive Stance Footwork	Unit 4 Creative Seated Balance Floor Work	Unit 5 Physical Jumping and Landing One Leg Balance	Unit 6 Fitness Sending and Receiving Ball Chasing

Year 5



Emerging

I can complete **all** Red challenges



Expected

I can complete **some** Blue challenges



Exceeding

I can complete **all** Blue challenges

Year 6



Emerging

I can complete **some** Blue challenges



Expected

I can complete **all** Blue challenges



Exceeding

I can complete **some** Pink challenges



React Positively to Challenge

This unit focuses on developing every child's ability to see new challenges as opportunities to learn and develop.



Coordination
Ball Skills



Agility
Reaction / Response

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.



Provide Helpful Feedback

This unit focuses on developing every child's ability to give helpful feedback to help others improve.



Dynamic Balance
Dynamic Balance



Counter Balance
Counter Balance

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.



Judge Performance

This unit focuses on developing every child's ability to understand ways to judge performance.



Static Balance
Stance



Coordination
Footwork

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.



Express Ideas

This unit focuses on developing every child's ability to link actions and create sequences that express their ideas.



Static Balance
Seated Balance



Static Balance
Floor Work

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.



Combining Skills in Specific Contexts

This unit focuses on developing every child's ability to use combinations of skills in specific contexts.



Dynamic Balance to Agility
Jumping and Landing



Static Balance
One Leg Balance

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.



Describe Basic Fitness Components

This unit focuses on developing every child's ability to understand and describe the basic fitness components.



Coordination
Sending and Receiving



Agility
Ball Chasing

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.