

# REAL PE Cycle A and Cycle B

## Cycle A/B: Foundation

FOUNDATION UNITS											
Unit 1 <b>Personal</b>	Unit 2 <b>Social</b>	Unit 3 <b>Cognitive</b>	Unit 4 <b>Creative</b>	Unit 5 <b>Physical</b>	Unit 6 <b>Fitness</b>						
Footwork One Leg Balance	Jumping and Landing Seated Balance	Dynamic Balance Stance	Ball Skills Counter Balance	Sending and Receiving Reaction / Response	Ball Chasing Floor Work						
<p><b>Personal</b></p> <h3>Follow Instructions</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I enjoy working on simple tasks with help.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can follow instructions and practise safely.</li> <li>I can work on simple tasks by myself.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore footwork and one leg balance movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Social</b></p> <h3>Play with Others</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can play with others and take turns and share with help.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can work sensibly with others.</li> <li>I can work sensibly with others, taking turns and sharing.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore jumping and landing and seated balance movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Cognitive</b></p> <h3>Follow Rules</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can follow simple instructions.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can understand and follow simple rules.</li> <li>I can name some things I am good at.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore dynamic balance on a line and stance movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Creative</b></p> <h3>Observe and Copy</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can observe and copy others.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can explore different movements.</li> <li>I can explore and describe different movements.</li> </ul>	<p></p> <p>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.</p> <p><b>Emerging</b> I can explore ball and counter balance with a partner movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Physical</b></p> <h3>Move in Different Ways</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can move confidently in different ways.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control.</li> <li>I can perform a small range of skills and link two movements together.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore sending and receiving and reaction and response movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Health and Fitness</b></p> <h3>Exercise and Good Health</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I am aware of the changes to the way I feel when I exercise.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore ball chasing and floor work balance movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>
<p><b>Cognitive</b></p> <h3>Follow Rules</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can follow simple instructions.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can understand and follow simple rules.</li> <li>I can name some things I am good at.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore dynamic balance on a line and stance movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Creative</b></p> <h3>Observe and Copy</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can observe and copy others.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can explore different movements.</li> <li>I can explore and describe different movements.</li> </ul>	<p></p> <p>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.</p> <p><b>Emerging</b> I can explore ball and counter balance with a partner movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Physical</b></p> <h3>Move in Different Ways</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I can move confidently in different ways.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I can perform a single skill or movement with some control.</li> <li>I can perform a small range of skills and link two movements together.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore sending and receiving and reaction and response movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>	<p><b>Health and Fitness</b></p> <h3>Exercise and Good Health</h3> <p><b>Expected</b></p> <ul style="list-style-type: none"> <li>I am aware of the changes to the way I feel when I exercise.</li> </ul> <p><b>Exceeding</b></p> <ul style="list-style-type: none"> <li>I am aware of why exercise is important for good health.</li> </ul>	<p></p> <p>In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games.</p> <p><b>Emerging</b> I can explore ball chasing and floor work balance movements</p> <p><b>Expected</b> I can complete some Yellow challenges</p> <p><b>Exceeding</b> I can complete all Yellow challenges</p>				
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## Cycle A: Year 2 Thatchers Class

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



### Understand Performance

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



### Sequence Movements and Skills

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



Coordination  
Footwork



Static Balance  
One Leg Balance



### Help and Encourage

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



Dynamic Balance  
Dynamic Balance



Static Balance  
Stance



### 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



Coordination  
Sending and Receiving



Agility  
Reaction / Response



### 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

## Cycle B: Year 1 Thatchers Class

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



#### 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.



#### Footwork



#### 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.



#### Identify Areas to Improve

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



#### Dynamic Balance



#### 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.



#### Select and Apply

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



#### Reaction / Response



#### 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.



#### Support Others

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



#### Jumping and Landing



#### 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.



#### Recognise and Respond

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



#### Sending and Receiving



#### 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.



#### Prepare for Activity

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



#### Ball Chasing



#### 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					
<b>Unit 1 Personal</b> Footwork One Leg Balance	<b>Unit 2 Social</b> Jumping and Landing Seated Balance	<b>Unit 3 Cognitive</b> Dynamic Balance Ball Skills	<b>Unit 4 Creative</b> Sending and Receiving Counter Balance	<b>Unit 5 Physical</b> Reaction / Response Floor Work	<b>Unit 6 Fitness</b> 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.



#### Recognise Success

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



#### Perform and Repeat

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



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.



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.



#### 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.



#### 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.



#### 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 <b>Personal</b>	Unit 2 <b>Social</b>	Unit 3 <b>Cognitive</b>	Unit 4 <b>Creative</b>	Unit 5 <b>Physical</b>	Unit 6 <b>Fitness</b>
Ball Skills Reaction / Response	Dynamic Balance Counter Balance	Stance Footwork	Seated Balance Floor Work	Jumping and Landing One Leg Balance	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



**Personal**

### 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.



**Cognitive**

### 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.



**Creative**

### 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.



**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.



**Physical**

### Link Actions to Flow

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



**Coordination**

**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.



**Health and Fitness**

### 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 <b>Personal</b>	Unit 2 <b>Social</b>	Unit 3 <b>Cognitive</b>	Unit 4 <b>Creative</b>	Unit 5 <b>Physical</b>	Unit 6 <b>Fitness</b>
Ball Skills Reaction / Response	Dynamic Balance Counter Balance	Stance Footwork	Seated Balance Floor Work	Jumping and Landing One Leg Balance	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



Social

### 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



### Judge Performance

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



Static Balance

Stance



Coordination

Footwork



### 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



### 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



### 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