

Alfriston School – Physical Education Curriculum Cycle

Pearl Class – EYFS						
Please note that these two sessions of PE a week form only part of the Physical Development Early Learning Goal – see separate progression document for EYFS						
x2 PE per week	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	Personal Cog <u>EYFS:</u> Follow instructions	Social Cog <u>EYFS:</u> Play with others	Cognitive Cog <u>EYFS:</u> Follow rules	Creative Cog <u>EYFS:</u> Observe and copy	Physical Cog <u>EYFS:</u> Move in different ways	Health & Fitness Cog <u>EYFS:</u> Exercise and good health
<u>Session 1</u> Real PE scheme 'Foundations'	<u>Fundamental Movement Skills</u> Coordination (Footwork) Static Balance (One Leg)	<u>Fundamental Movement Skills</u> Dynamic Balance to Agility (jumping & landing) Static Balance (seated)	<u>Fundamental Movement Skills</u> Dynamic Balance (on a Line) Static Balance (stance)	<u>Fundamental Movement Skills</u> Coordination (ball skills) Counter Balance (with a partner)	<u>Fundamental Movement Skills</u> Coordination (sending and receiving) Agility (reaction/response)	<u>Fundamental Movement Skills</u> Agility (ball chasing) Static Balance (Floor Work)
<u>Session 2</u> <ul style="list-style-type: none"> • Real PE – Dance • Real PE – Gym • Elevating Athletics • Swim England – Learn to swim 	Bikes and trikes Woodland adventures (on the rec and in the woods/around the village) Park skills (Alfriston park)	Bikes and trikes Woodland adventures (on the rec and in the woods/around the village) Park skills (Alfriston park)	Dance unit 1	Real Gym unit 1	Athletics	Athletics (School Games Day) Real Gym unit 2 Swimming

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Ruby Class – Key Stage 1 - Cycle A						
x2 PE per week	Cycle A Term 1	Cycle A Term 2	Cycle A Term 3	Cycle A Term 4	Cycle A Term 5	Cycle A Term 6
Learning Cog Focus	Personal Cog <u>Yr1:</u> Stay on task <u>Yr2:</u> Keep trying	Social Cog <u>Yr1:</u> Understand others <u>Yr2:</u> Help and encourage	Cognitive Cog <u>Yr1:</u> Observe and describe <u>Yr2:</u> Understand performance	Creative Cog <u>Yr1:</u> Explore and describe <u>Yr2:</u> Link movements	Physical Cog <u>Yr1:</u> Control movement <u>Yr2:</u> Sequence movements and skills	Health & Fitness Cog <u>Yr1:</u> Exercise and the body <u>Yr2:</u> Practise safely
Session 1 Real PE 'core' scheme	<u>Fundamental Movement Skills</u> Coordination (Footwork) Static Balance (One Leg)	<u>Fundamental Movement Skills</u> Dynamic Balance to Agility (jumping & landing) Static Balance (seated)	<u>Fundamental Movement Skills</u> Dynamic Balance (on a Line) Static balance (stance)	<u>Fundamental Movement Skills</u> Coordination (ball skills) Counter Balance (with a partner)	<u>Fundamental Movement Skills</u> Coordination (sending & receiving) Agility (reaction/response)	<u>Fundamental Movement Skills</u> Agility (ball chasing) Static Balance (floor work)
Session 2 • Real PE - Dance • Real PE - Gym • Elevating Athletics • Swim England – Learn to swim	Real Gym Y1 Unit 1 Shape & travel	Real Dance – Y1 Unit 1 Dance Skills	Real Gym Y1 Unit 2 Flight & rotation	Real Dance – Y2 Unit 1 Dance Skills	Athletics	Athletics (School Games Day) Swimming

Ruby Class – Key Stage 1 - Cycle B						
x2 PE per week	Cycle B Term 1	Cycle B Term 2	Cycle B Term 3	Cycle B Term 4	Cycle B Term 5	Cycle B Term 6
Learning Cog Focus	Personal Cog <u>Yr1:</u> Stay on task <u>Yr2:</u> Keep trying	Social Cog <u>Yr1:</u> Understand others <u>Yr2:</u> Help and encourage	Cognitive Cog <u>Yr1:</u> Observe and describe <u>Yr2:</u> Understand performance	Creative Cog <u>Yr1:</u> Explore and describe <u>Yr2:</u> Link movements	Physical Cog <u>Yr1:</u> Control movement <u>Yr2:</u> Sequence movements and skills	Health & Fitness Cog <u>Yr1:</u> Exercise and the body <u>Yr2:</u> Practise safely
Session 1 Real PE 'core' scheme	<u>Fundamental Movement Skills</u>	<u>Fundamental Movement Skills</u>	<u>Fundamental Movement Skills</u>	<u>Fundamental Movement Skills</u> Coordination	<u>Fundamental Movement Skills</u>	<u>Fundamental Movement Skills</u> Agility

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	<p>Coordination (Footwork)</p> <p>Static Balance (One Leg)</p>	<p>Dynamic Balance to Agility (jumping & landing)</p> <p>Static Balance (seated)</p>	<p>Dynamic Balance (on a Line)</p> <p>Static balance (stance)</p>	<p>(ball skills)</p> <p>Counter Balance (with a partner)</p>	<p>Coordination (sending & receiving)</p> <p>Agility (reaction/response)</p>	<p>(ball chasing)</p> <p>Static Balance (floor work)</p>
<p><u>Session 2</u></p> <ul style="list-style-type: none"> Real PE - Dance Real PE - Gym Elevating Athletics Swim England – Learn to swim 	<p>Real Gym Y2 Unit 1 Balance</p> <p>Travel</p>	<p>Real Dance – Y2</p> <p>Dance Skills</p>	<p>Real Gym Y2 Unit 2 Flight</p> <p>Rotation</p>	<p>Real Dance – Y1</p> <p>Dance Skills</p>	<p>Athletics</p>	<p>Athletics (School Games Day)</p> <p>Swimming</p>

Sapphire Class - Lower Key Stage 2 - Cycle A						
x2 PE per week	Cycle A Term 1	Cycle A Term 2	Cycle A Term 3	Cycle A Term 4	Cycle A Term 5	Cycle A Term 6
Learning Cog Focus	<p>Personal Cog</p> <p><u>Yr3:</u> Know where I am in my learning <u>Yr4:</u> Accept challenge</p>	<p>Social Cog</p> <p><u>Yr3:</u> Share ideas <u>Yr4:</u> Support others</p>	<p>Cognitive Cog</p> <p><u>Yr3:</u> Recognise success <u>Yr4:</u> Identify areas to improve</p>	<p>Creative Cog</p> <p><u>Yr3:</u> Respond differently <u>Yr4:</u> Recognise and respond</p>	<p>Physical Cog</p> <p><u>Yr3:</u> Perform and repeat <u>Yr4:</u> Select and apply</p>	<p>Health & Fitness Cog</p> <p><u>Yr3:</u> Know how and why the body changes <u>Yr4:</u> Prepare for activity</p>
<p><u>Session 1</u></p> <p>Real PE 'core' scheme</p>	<p><u>Fundamental Movement Skills</u></p> <p>Coordination (Footwork)</p> <p>Static Balance (One Leg)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Dynamic Balance to Agility (jumping & landing)</p> <p>Static Balance (seated)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Dynamic Balance (on a Line)</p> <p>Coordination (Ball Skills)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Coordination (sending and receiving)</p> <p>Counter Balance (with a partner)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Agility (reaction / response)</p> <p>Static Balance (floor work)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Agility (ball chasing)</p> <p>Static Balance (stance)</p>

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<p><u>Session 2</u></p> <ul style="list-style-type: none"> • Real PE - Dance • Real PE - Gym • Elevating Athletics • OAA – Buzz Active • Swim England – Learn to swim 	<p>Real Gym Y3 Unit 1 Travel (mapping pathways)</p> <p>Rotation (rotation sequences)</p>	<p>Real Dance – Y3</p> <p>Dance Skills</p>	<p>Real Gym Y3 Unit 2 Flight (Flight sequences)</p> <p>Balance (Climbing Sequences)</p>	<p>Real Dance Y4</p> <p>Dance Skills</p>	<p>Athletics</p>	<p>Athletics (School Games Day)</p> <p>Outdoor Adventurous Activities (OAA)</p> <p>Swimming</p>
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Sapphire Class - Lower Key Stage 2 - Cycle B						
x2 PE per week	Cycle B Term 1	Cycle B Term 2	Cycle B Term 3	Cycle B Term 4	Cycle B Term 5	Cycle B Term 6
Learning Cog Focus	<p>Personal Cog</p> <p><u>Yr3</u>: Know where I am in my learning <u>Yr4</u>: Accept challenge</p>	<p>Social Cog</p> <p><u>Yr3</u>: Share ideas <u>Yr4</u>: Support others</p>	<p>Cognitive Cog</p> <p><u>Yr3</u>: Recognise success <u>Yr4</u>: Identify areas to improve</p>	<p>Creative Cog</p> <p><u>Yr3</u>: Respond differently <u>Yr4</u>: Recognise and respond</p>	<p>Physical Cog</p> <p><u>Yr3</u>: Perform and repeat <u>Yr4</u>: Select and apply</p>	<p>Health & Fitness Cog</p> <p><u>Yr3</u>: Know how and why the body changes <u>Yr4</u>: Prepare for activity</p>
<p><u>Session 1</u></p> <p>Real PE 'core' scheme</p>	<p><u>Fundamental Movement Skills</u></p> <p>Coordination (Footwork)</p> <p>Static Balance (One Leg)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Dynamic Balance to Agility (jumping & landing)</p> <p>Static Balance (seated)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Dynamic Balance (on a Line)</p> <p>Coordination (Ball Skills)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Coordination (sending and receiving)</p> <p>Counter Balance (with a partner)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Agility (reaction / response)</p> <p>Static Balance (floor work)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Agility (ball chasing)</p> <p>Static Balance (stance)</p>
<p><u>Session 2</u></p> <ul style="list-style-type: none"> • Real PE - Dance • Real PE - Gym • Elevating Athletics • OAA – Buzz Active • Swim England – Learn to swim 	<p>Real Gym Y3 Unit 1 Travel (mapping pathways)</p> <p>Rotation (rotation sequences)</p>	<p>Real Dance – Y3</p> <p>Dance Skills</p>	<p>Real Gym Y3 Unit 2 Flight (Flight sequences)</p> <p>Balance (Climbing Sequences)</p>	<p>Real Dance Y4 Artistry, Partnering, Circles & Shapes</p> <p>Dance Skills</p>	<p>Athletics</p>	<p>Athletics (School Games Day)</p> <p>Outdoor Adventurous Activities (OAA)</p> <p>Swimming</p>

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Emerald Class - Upper Key Stage 2 - Cycle A						
x2 PE per week	Cycle A Term 1	Cycle A Term 2	Cycle A Term 3	Cycle A Term 4	Cycle A Term 5	Cycle A Term 6
Learning Cog Focus	Personal Cog Yr5: React positively to challenge Yr6: Consistently try to improve	Social Cog Yr5: Provide helpful feedback Yr6: Organise and guide others	Cognitive Cog Yr5: Judge performance Yr6: Make good decisions	Creative Cog Yr5: Express ideas Yr6: Adapt/change activities	Physical Cog Yr5: Combining skills in specific contexts Yr6: Link actions to flow	Health & Fitness Cog Yr5: Describe basic fitness components Yr6: Monitor activity
<u>Session 1</u> Real PE 'core' scheme	<u>Fundamental Movement Skills</u> Coordination (Ball Skills) Agility (Reaction / Response)	<u>Fundamental Movement Skills</u> Dynamic Balance (On A Line) Counter Balance (With A Partner)	<u>Fundamental Movement Skills</u> Static Balance (Stance) Co-ordination (Footwork)	<u>Fundamental Movement Skills</u> Static Balance (Seated) Static Balance (Floorwork)	<u>Fundamental Movement Skills</u> Dynamic Balance to Agility (Jumping and Landing) Static Balance (One Leg)	<u>Fundamental Movement Skills</u> Coordination (Sending and Receiving) Agility (Ball Chasing)
<u>Session 2</u> <ul style="list-style-type: none"> • Sussex Cricket – 'Chance to Shine' • Real PE - Dance • Real PE - Gym • Elevating Athletics • OAA – Hindleap Warren • Swim England – Learn to swim 	Cricket	Real Dance Dance Skills	Real Gym Acrobatic and Climbing Sequences	Real Dance Dance Skills	Athletics	Athletics (School Games Day) Swimming Outdoor Adventurous Activities (5 day Residential)

Emerald Class - Upper Key Stage 2 - Cycle B						
x2 PE per week	Cycle B Term 1	Cycle B Term 2	Cycle B Term 3	Cycle B Term 4	Cycle B Term 5	Cycle B Term 6
Learning Cog Focus	Personal Cog	Social Cog	Cognitive Cog	Creative Cog Yr5: Express ideas	Physical Cog	Health & Fitness Cog

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	Yr5: React positively to challenge Yr6: Consistently try to improve	Yr5: Provide helpful feedback Yr6: Organise and guide others	Yr5: Judge performance Yr6: Make good decisions	Yr6: Adapt/change activities	Yr5: Combining skills in specific contexts Yr6: Link actions to flow	Yr5: Describe basic fitness components Yr6: Monitor activity
<p>Session 1 Real PE 'core' scheme</p>	<p><u>Fundamental Movement Skills</u></p> <p>Coordination (Ball Skills)</p> <p>Agility (Reaction / Response)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Dynamic Balance (On A Line)</p> <p>Counter Balance (With A Partner)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Static Balance (Stance)</p> <p>Co-ordination (Footwork)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Static Balance (Seated)</p> <p>Static Balance (Floorwork)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Dynamic Balance to Agility (Jumping and Landing)</p> <p>Static Balance (One Leg)</p>	<p><u>Fundamental Movement Skills</u></p> <p>Coordination (Sending and Receiving)</p> <p>Agility (Ball Chasing)</p>
<p>Session 2</p> <ul style="list-style-type: none"> Real PE - Dance Real PE - Gym Elevating Athletics OAA – Buzz Active Swim England – Learn to swim 	<p>Real Gym</p> <p>Rhythmic and Bench Sequences</p>	<p>Real Dance</p> <p>Dance Skills</p>	<p>Real Gym</p> <p>Acrobatic and Climbing Sequences</p>	<p>Real Dance</p> <p>Dance Skills</p>	<p>Athletics</p>	<p>Athletics (School Games Day)</p> <p>Outdoor Adventurous Activities</p> <p>Swimming</p>