

Alfriston School – Physical Education (PE) Curriculum Cycle

Pearl Class – EYFS						
✦ Please note that the two sessions of PE each week, form only part of the Physical Development Early Learning Goal – see separate progression document for EYFS						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	<u>Personal Cog</u> EYFS: Follow instructions	<u>Social Cog</u> EYFS: Play with others	<u>Cognitive Cog</u> EYFS: Follow rules	<u>Creative Cog</u> EYFS: Observe and copy	<u>Physical Cog</u> FS: Move in different ways	Health & Fitness Cog EYFS: 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 Park skills	Bikes and trikes Woodland adventures Park skills	Dance	Real Gym	Athletics	Athletics (School Games Day) Real Gym Swimming

Alfriston School – Physical Education (PE) Curriculum Cycle

Ruby Class (Year 1 & 2) - Cycle A						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	<p style="color: green; text-align: center;">Personal Cog</p> <p><u>Yr1:</u> Stay on task <u>Yr2:</u> Keep trying</p>	<p style="color: red; text-align: center;">Social Cog</p> <p><u>Yr1:</u> Understand others <u>Yr2:</u> Help and encourage</p>	<p style="color: orange; text-align: center;">Cognitive Cog</p> <p><u>Yr1:</u> Observe and describe <u>Yr2:</u> Understand performance</p>	<p style="color: purple; text-align: center;">Creative Cog</p> <p><u>Yr1:</u> Explore and describe <u>Yr2:</u> Link movements</p>	<p style="color: blue; text-align: center;">Physical Cog</p> <p><u>Yr1:</u> Control movement <u>Yr2:</u> Sequence movements and skills</p>	<p style="text-align: center;">Health & Fitness Cog</p> <p><u>Yr1:</u> Exercise and the body <u>Yr2:</u> Practise safely</p>
<p style="text-align: center;"><u>Session 1</u> Real PE 'core' scheme</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: green; text-align: center;">Coordination (Footwork)</p> <p style="color: green; text-align: center;">Static Balance (One Leg)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: red; text-align: center;">Dynamic Balance to Agility (Jumping & Landing)</p> <p style="color: red; text-align: center;">Static Balance (Seated)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: orange; text-align: center;">Dynamic Balance (On a Line)</p> <p style="color: orange; text-align: center;">Static balance (Stance)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: purple; text-align: center;">Coordination (Ball Skills)</p> <p style="color: purple; text-align: center;">Counter Balance (With a Partner)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: blue; text-align: center;">Coordination (Sending & Receiving)</p> <p style="color: blue; text-align: center;">Agility (Reaction/Response)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="text-align: center;">Agility (Ball Chasing)</p> <p style="text-align: center;">Static Balance (Floorwork)</p>
<p style="text-align: center;"><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 style="color: green; text-align: center;">Real Gym</p> <p style="color: green; text-align: center;">Shape & travel</p>	<p style="color: red; text-align: center;">Real Dance</p> <p style="color: red; text-align: center;">Dance Skills</p>	<p style="color: orange; text-align: center;">Real Gym</p> <p style="color: orange; text-align: center;">Flight & rotation</p>	<p style="color: red; text-align: center;">Real Dance</p> <p style="color: red; text-align: center;">Dance Skills</p>	<p style="color: blue; text-align: center;">Athletics</p>	<p style="text-align: center;">Athletics (School Games Day)</p> <p style="text-align: center;">Swimming</p>

Alfriston School – Physical Education (PE) Curriculum Cycle

Ruby Class (Year 1 & 2) - Cycle B						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	<p style="color: green; text-align: center;">Personal Cog</p> <p><u>Yr1:</u> Stay on task <u>Yr2:</u> Keep trying</p>	<p style="color: red; text-align: center;">Social Cog</p> <p><u>Yr1:</u> Understand others <u>Yr2:</u> Help and encourage</p>	<p style="color: orange; text-align: center;">Cognitive Cog</p> <p><u>Yr1:</u> Observe and describe <u>Yr2:</u> Understand performance</p>	<p style="color: purple; text-align: center;">Creative Cog</p> <p><u>Yr1:</u> Explore and describe <u>Yr2:</u> Link movements</p>	<p style="color: blue; text-align: center;">Physical Cog</p> <p><u>Yr1:</u> Control movement <u>Yr2:</u> Sequence movements and skills</p>	<p style="text-align: center;">Health & Fitness Cog</p> <p><u>Yr1:</u> Exercise and the body <u>Yr2:</u> Practise safely</p>
<u>Session 1</u> Real PE 'core' scheme	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: green; text-align: center;">Coordination (Footwork)</p> <p style="color: green; text-align: center;">Static Balance (One Leg)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: red; text-align: center;">Dynamic Balance to Agility (Jumping & Landing)</p> <p style="color: red; text-align: center;">Static Balance (Seated)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: orange; text-align: center;">Dynamic Balance (On a Line)</p> <p style="color: orange; text-align: center;">Static balance (Stance)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: purple; text-align: center;">Coordination (Ball Skills)</p> <p style="color: purple; text-align: center;">Counter Balance (With a Partner)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: blue; text-align: center;">Coordination (Sending & Receiving)</p> <p style="color: blue; text-align: center;">Agility (Reaction/Response)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="text-align: center;">Agility (Ball Chasing)</p> <p style="text-align: center;">Static Balance (Floorwork)</p>
<u>Session 2</u> <ul style="list-style-type: none"> Real PE - Dance Real PE - Gym Elevating Athletics Swim England – Learn to swim 	<p style="color: green; text-align: center;">Real Gym</p> <p style="color: green; text-align: center;">Balance</p> <p style="color: green; text-align: center;">Travel</p>	<p style="color: red; text-align: center;">Real Dance</p> <p style="color: red; text-align: center;">Dance Skills</p>	<p style="color: orange; text-align: center;">Real Gym</p> <p style="color: orange; text-align: center;">Flight</p> <p style="color: orange; text-align: center;">Rotation</p>	<p style="color: red; text-align: center;">Real Dance</p> <p style="color: red; text-align: center;">Dance Skills</p>	<p style="color: blue; text-align: center;">Athletics</p>	<p style="text-align: center;">Athletics (School Games Day)</p> <p style="text-align: center;">Swimming</p>

Alfriston School – Physical Education (PE) Curriculum Cycle

Sapphire Class (Year 3 &4) - Cycle A						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	<p style="color: green;">Personal Cog</p> <p>Yr3: Know where I am in my learning Yr4: Accept challenge</p>	<p style="color: red;">Social Cog</p> <p>Yr3: Share ideas Yr4: Support others</p>	<p style="color: orange;">Cognitive Cog</p> <p>Yr3: Recognise success Yr4: Identify areas to improve</p>	<p style="color: purple;">Creative Cog</p> <p>Yr3: Respond differently Yr4: Recognise and respond</p>	<p style="color: cyan;">Physical Cog</p> <p>Yr3: Perform and repeat Yr4: Select and apply</p>	<p>Health & Fitness Cog</p> <p>Yr3: Know how and why the body changes Yr4: Prepare for activity</p>
<p>Session 1</p> <p>Real PE 'core' scheme</p>	<p><u>Fundamental Movement Skills</u></p> <p style="color: green;">Coordination (Footwork)</p> <p style="color: green;">Static Balance (One Leg)</p>	<p><u>Fundamental Movement Skills</u></p> <p style="color: red;">Dynamic Balance to Agility (Jumping & Landing)</p> <p style="color: red;">Static Balance (Seated)</p>	<p><u>Fundamental Movement Skills</u></p> <p style="color: orange;">Dynamic Balance (On a Line)</p> <p style="color: orange;">Coordination (Ball Skills)</p>	<p><u>Fundamental Movement Skills</u></p> <p style="color: purple;">Coordination (Sending and Receiving)</p> <p style="color: purple;">Counter Balance (With a Partner)</p>	<p><u>Fundamental Movement Skills</u></p> <p style="color: cyan;">Agility (Reaction / Response)</p> <p style="color: cyan;">Static Balance (Floorwork)</p>	<p><u>Fundamental Movement Skills</u></p> <p style="color: cyan;">Agility (Ball Chasing)</p> <p style="color: cyan;">Static Balance (Stance)</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 style="color: green;">Real Gym</p> <p style="color: green;">Travel</p> <p style="color: green;">Rotation</p>	<p style="color: red;">Real Dance</p> <p style="color: red;">Dance Skills</p>	<p style="color: orange;">Real Gym</p> <p style="color: orange;">Flight</p> <p style="color: orange;">Balance</p>	<p style="color: purple;">Real Dance</p> <p style="color: purple;">Dance Skills</p>	<p style="color: cyan;">Athletics</p>	<p>Athletics (School Games Day)</p> <p>Outdoor Adventurous Activities (OAA)</p> <p>Swimming</p>

Alfriston School – Physical Education (PE) Curriculum Cycle

Sapphire Class (Year 3 & 4) - Cycle B						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	<p style="color: green; text-align: center;"><u>Personal Cog</u></p> <p><u>Yr3</u>: Know where I am in my learning <u>Yr4</u>: Accept challenge</p>	<p style="color: red; text-align: center;"><u>Social Cog</u></p> <p><u>Yr3</u>: Share ideas <u>Yr4</u>: Support others</p>	<p style="color: orange; text-align: center;"><u>Cognitive Cog</u></p> <p><u>Yr3</u>: Recognise success <u>Yr4</u>: Identify areas to improve</p>	<p style="color: purple; text-align: center;"><u>Creative Cog</u></p> <p><u>Yr3</u>: Respond differently <u>Yr4</u>: Recognise and respond</p>	<p style="color: blue; text-align: center;"><u>Physical Cog</u></p> <p><u>Yr3</u>: Perform and repeat <u>Yr4</u>: Select and apply</p>	<p style="text-align: center;">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> Real PE 'core' scheme</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: green; text-align: center;">Coordination (Footwork)</p> <p style="color: green; text-align: center;">Static Balance (One Leg)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: red; text-align: center;">Dynamic Balance to Agility (Jumping & Landing)</p> <p style="color: red; text-align: center;">Static Balance (Seated)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: orange; text-align: center;">Dynamic Balance (On a Line)</p> <p style="color: orange; text-align: center;">Coordination (Ball Skills)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: purple; text-align: center;">Coordination (Sending and Receiving)</p> <p style="color: purple; text-align: center;">Counter Balance (With a Partner)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: blue; text-align: center;">Agility (Reaction / Response)</p> <p style="color: blue; text-align: center;">Static Balance (Floorwork)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="text-align: center;">Agility (Ball Chasing)</p> <p style="text-align: center;">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 style="color: green; text-align: center;">Real Gym</p> <p style="color: green; text-align: center;">Travel</p> <p style="color: green; text-align: center;">Rotation</p>	<p style="color: red; text-align: center;">Real Dance</p> <p style="color: red; text-align: center;">Dance Skills</p>	<p style="color: orange; text-align: center;">Real Gym</p> <p style="color: orange; text-align: center;">Flight</p> <p style="color: orange; text-align: center;">Balance</p>	<p style="color: purple; text-align: center;">Real Dance</p> <p style="color: purple; text-align: center;">Dance Skills</p>	<p style="color: blue; text-align: center;">Athletics</p>	<p style="text-align: center;">Athletics (School Games Day)</p> <p style="text-align: center;">Outdoor Adventurous Activities (OAA)</p> <p style="text-align: center;">Swimming</p>

Alfriston School – Physical Education (PE) Curriculum Cycle

Emerald Class (Year 5 & 6) - Cycle A						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	<p style="color: green; text-align: center;">Personal Cog</p> <p><u>Yr5:</u> React positively to challenge</p> <p><u>Yr6:</u> Consistently try to improve</p>	<p style="color: red; text-align: center;">Social Cog</p> <p><u>Yr5:</u> Provide helpful feedback</p> <p><u>Yr6:</u> Organise and guide others</p>	<p style="color: orange; text-align: center;">Cognitive Cog</p> <p><u>Yr5:</u> Judge performance</p> <p><u>Yr6:</u> Make good decisions</p>	<p style="color: purple; text-align: center;">Creative Cog</p> <p><u>Yr5:</u> Express ideas</p> <p><u>Yr6:</u> Adapt/change activities</p>	<p style="color: blue; text-align: center;">Physical Cog</p> <p><u>Yr5:</u> Combining skills in specific contexts</p> <p><u>Yr6:</u> Link actions to flow</p>	<p style="color: black; text-align: center;">Health & Fitness Cog</p> <p><u>Yr5:</u> Describe basic fitness components</p> <p><u>Yr6:</u> Monitor activity</p>
<p><u>Double session – skills leading to a sport/activity focus</u></p> <ul style="list-style-type: none"> • Real PE ‘core’ scheme • Sussex Cricket – ‘Chance to Shine’ • Seaford Rugby Club • Eastbourne Borough FC • Real PE - Dance • Real PE - Gym • Elevating Athletics • OAA – Hindleap Warren • Swim England – Learn to swim 	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: green; text-align: center;">Agility (Reaction / Response)</p> <p style="color: green; text-align: center;">Agility (Ball Chasing)</p> <p style="color: green; text-align: center;">Co-ordination (Footwork)</p> <p style="color: green; text-align: center;">Coordination (Ball Skills)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: red; text-align: center;">Dynamic Balance to Agility (Jumping and Landing)</p> <p style="color: red; text-align: center;">Static Balance (Floorwork)</p> <p style="color: red; text-align: center;">Static Balance (Stance)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: orange; text-align: center;">Dynamic Balance to Agility (Jumping and Landing)</p> <p style="color: orange; text-align: center;">Dynamic Balance (On a Line)</p> <p style="color: orange; text-align: center;">Static Balance (One Leg)</p> <p style="color: orange; text-align: center;">Static Balance (Floorwork)</p> <p style="color: orange; text-align: center;">Static Balance (Seated)</p> <p style="color: orange; text-align: center;">Static Balance (Stance)</p> <p style="color: orange; text-align: center;">Counter Balance (With A Partner)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: purple; text-align: center;">Agility (Reaction / Response)</p> <p style="color: purple; text-align: center;">Agility (Ball Chasing)</p> <p style="color: purple; text-align: center;">Coordination (Sending and Receiving)</p> <p style="color: purple; text-align: center;">Static Balance (Floorwork)</p> <p style="color: purple; text-align: center;">Static Balance (Seated)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: blue; text-align: center;">Dynamic Balance to Agility (Jumping and Landing)</p> <p style="color: blue; text-align: center;">Static Balance (One Leg)</p>	<p style="text-align: center;"><u>Fundamental Movement Skills</u></p> <p style="color: black; text-align: center;">Dynamic Balance to Agility (Jumping and Landing)</p> <p style="color: black; text-align: center;">Static Balance (One Leg)</p>

Alfriston School – Physical Education (PE) Curriculum Cycle

	<u>Sport / Activity</u> Tag Rugby	<u>Sport / Activity</u> Real Dance	<u>Sport / Activity</u> Real Gym Unit 1	<u>Sport / Activity</u> Scorpion Handball Handball	<u>Sport / Activity</u> Athletics	<u>Sport / Activity</u> Athletics (School Games Day) Swimming Outdoor Adventurous Activities (5 day Residential)
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Emerald Class (Year 5 & 6) - Cycle B						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Learning Cog Focus	<u>Personal Cog</u>	<u>Social Cog</u>	<u>Cognitive Cog</u>	<u>Creative Cog</u>	<u>Physical Cog</u>	Health & Fitness Cog
	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	Yr5: Express ideas Yr6: Adapt/change activities	Yr5: Combining skills in specific contexts Yr6: Link actions to flow	Yr5: Describe basic fitness components Yr6: Monitor activity
<u>Double session – skills leading to a sport/activity focus</u> • Real PE ‘core’ scheme • Sussex Cricket – ‘Chance to Shine’ • Seaford Rugby Club • Eastbourne Borough FC • Real PE - Dance	<u>Fundamental Movement Skills</u> Agility (Reaction / Response) Coordination (Ball Skills)	<u>Fundamental Movement Skills</u> Dynamic Balance to Agility (Jumping and Landing) Dynamic Balance (On A Line) Static Balance	<u>Fundamental Movement Skills</u> Dynamic Balance to Agility (Jumping and Landing) Dynamic Balance (On A Line) Static Balance	<u>Fundamental Movement Skills</u> Agility (Ball Chasing) Coordination (Sending and Receiving)	<u>Fundamental Movement Skills</u> Dynamic Balance to Agility (Jumping and Landing) Static Balance (One Leg)	<u>Fundamental Movement Skills</u> Co-ordination (Footwork) Static Balance (Stance)

Alfriston School – Physical Education (PE) Curriculum Cycle

<ul style="list-style-type: none"> • Real PE - Gym • Elevating Athletics • OAA – Buzz Active • Swim England – Learn to swim 		<p>(One Leg)</p>	<p>(One Leg)</p> <p>Static Balance (Floorwork)</p> <p>Static Balance (Stance)</p> <p>Static Balance (Seated)</p> <p>Counter Balance (With a Partner)</p>			
	<p><u>Sport / Activity</u></p> <p>Endball</p> <p>Tag Netball</p>	<p><u>Sport / Activity</u></p> <p>Real PE: Steal the Treasure River Crossing Jumpball</p>	<p><u>Sport / Activity</u></p> <p>Real Gym Unit 2</p>	<p><u>Sport / Activity</u></p> <p>Cricket</p>	<p><u>Sport / Activity</u></p> <p>Athletics</p>	<p><u>Sport / Activity</u></p> <p>Athletics (School Games Day)</p> <p>Dodgeball</p> <p>Outdoor Adventurous Activities</p> <p>Swimming</p> <p>Dance (production)</p>