Pearl Class — EYFS										
<ul> <li>Please note that the</li> </ul>	<ul> <li>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</li> </ul>									
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6				
	Personal Cog	Social Cog	Cognitive Cog	Creative Cog	Physical Cog	Health & Fitness Cog				
Learning Cog Focus	<u>EYFS</u> : Follow instructions	<u>EYFS</u> : Play with others	EYFS: Follow rules	EYFS: Observe and copy	<u>FS</u> : Move in different ways	EYFS: Exercise and good health				
	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>				
	<u> Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>				
Session 1 Real PE scheme 'Foundations'	Coordination (Footwork)	Dynamic Balance to Agility (Jumping & Landing)	Dynamic Balance (On a Line)	Coordination (Ball Skills)	Coordination (Sending and Receiving)	Agility (Ball Chasing)				
	Static Balance (One		Static Balance	Counter Balance		Static Balance (Floor				
	Leg)	Static Balance (Seated)	(Stance)	(With a Partner)	Agility (Reaction/Response)	Work)				
Session 2	Bikes and trikes	Bikes and trikes	Dance	Real Gym	Athletics	Athletics				
• Real PE — Dance						(School Games Day)				
• Real PE — Gym	Woodland	Woodland				D 10				
• Elevating Athletics	adventures	adventures				Real Gym				
<ul> <li>Swim England – Learn to swim</li> </ul>	Park skills	Park skills				Swimming				

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

	Ruby Class (Year 1 & 2) - Cycle B							
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6		
Learning Cog Focus	Personal Cog  Yr1: Stay on task Yr2: Keep trying	Social Cog  Yr1: Understand others Yr2: Help and encourage	Cognitive Cog  Yr1: Observe and describe Yr2: Understand performance	Creative Cog  Yr1: Explore and describe Yr2: Link movements	Physical Cog  Yr1: Control movement Yr2: Sequence movements and	Health & Fitness Cog  Yr1: Exercise and the body Yr2: Practise safely		
Session 1 Real PE 'core' scheme	Fundamental Movement Skills  Coordination (Footwork)  Static Balance	Fundamental Movement Skills  Dynamic Balance to Agility (Jumping & Landing)	Fundamental Movement Skills  Dynamic Balance (On a Line)  Static balance	Fundamental Movement Skills  Coordination (Ball Skills)  Counter Balance	Fundamental Movement Skills  Coordination (Sending & Receiving)	Fundamental Movement Skills  Agility (Ball Chasing)  Static Balance		
	(One Leg)	Static Balance (Seated)	(Stance)	(With a Partner)	Agility (Reaction/Response)	(Floorwork)		
Session 2  Real PE - Dance Real PE - Gym	Real Gym Balance	Real Dance	Real Gym Flight	Real Dance	Athletics	Athletics (School Games Day)		
<ul><li> Elevating Athletics</li><li> Swim England – Learn to swim</li></ul>	Travel	Dance Skills	Rotation	Dance Skills		Swimming		

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

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

	Emerald Class (Year 5 & 6) - Cycle A							
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6		
	Personal Cog	Social Cog	Cognitive Cog	Creative Cog	Physical Cog	Health & Fitness Cog		
Learning Cog Focus	Yr5: React positively to challenge	Yr5: Provide helpful feedback Yr6: Organise and	<u>Yr5</u> : Judge performance <u>Yr6</u> : Make good	Yr5: Express ideas Yr6: Adapt/change activities	<u>Yr5</u> : Combining skills in specific contexts	Yr5: Describe basic fitness components Yr6: Monitor activity		
	Yr6: Consistently try to improve	guide others	decisions		Yr6: Link actions to flow			
<u>Double session – skills</u>	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>	<u>Fundamental</u>		
<u>leading to a</u>	<u>Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>	<u>Movement Skills</u>		
sport/activity focus								
• Real PE 'core' scheme	Agility (Reaction /	Dynamic Balance to	Dynamic Balance	Agility (Reaction /	Dynamic Balance to	Dynamic Balance to		
• Sussex Cricket –		Agility (Jumping and Landing)	to Agility (Jumping and	,	Agility (Jumping and Landing)	Agility (Jumping and Landing)		
'Chance to Shine'	Response)	Landing	Landing)	Response)	and Landing)	Lanaing		
<ul><li>Seaford Rugby Club</li><li>Eastbourne Borough</li></ul>	Agility	Static Balance (Floorwork)	Dynamic Balance	Agility	Static Balance (One Leg)	Static Balance (One Leg)		
FC	(Ball Chasing)		(On a Line)	(Ball Chasing)	. 5	, J		
• Real PE - Dance • Real PE - Gym	Co-ordination	Static Balance (Stance)	Static Balance	Coordination				
• Elevating Athletics	(Footwork)	(Grantes)	(One Leg)	(Sending and Receiving)				
• OAA — Hindleap	Coordination		Static Balance	Receiving				
Warren Swim England –	(Ball Skills)		(Floorwork)	Static Balance (Floorwork)				
Learn to swim			Static Balance (Seated)	Static Balance (Seated)				
			Static Balance (Stance)					
			Counter Balance (With A Partner)					

	Sport / Activity	Sport / Activity	Sport / Activity	Sport / Activity	Sport / Activity	Sport / Activity
	Tag Rugby	Real Dance	Real Gym Unit 1	Scorpion Handball Handball	Athletics	Athletics (School Games Day)
						Swimming
						Outdoor Adventurous Activities (5 day Residential)

Emerald Class (Year 5 & 6) - Cycle B							
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
Learning Cog Focus	Personal Cog	Social Cog	Cognitive Cog	Creative Cog	Physical Cog	Health & Fitness Cog	
	Yr5: React positively to challenge Yr6: Consistently try to improve	<u>Yr5</u> : Provide helpful feedback <u>Yr6</u> : 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	
Double session – skills leading to a sport/activity focus	<u>Fundamental</u> <u>Movement Skills</u>	<u>Fundamental</u> <u>Movement Skills</u>	<u>Fundamental</u> <u>Movement Skills</u>	<u>Fundamental</u> <u>Movement Skills</u>	<u>Fundamental</u> <u>Movement Skills</u>	<u>Fundamental</u> <u>Movement Skills</u>	
<ul> <li>Real PE 'core' scheme</li> <li>Sussex Cricket – 'Chance to Shine'</li> <li>Seaford Rugby Club</li> </ul>	Agility (Reaction / Response) Coordination	Dynamic Balance to Agility (Jumping and Landing)	Dynamic Balance to Agility (Jumping and Landing)	Agility (Ball Chasing) Coordination (Sending and	Dynamic Balance to Agility (Jumping and Landing)	Co-ordination (Footwork) Static Balance (Stance)	
<ul> <li>Eastbourne Borough</li> <li>FC</li> <li>Real PE - Dance</li> </ul>	(Ball Skills)	Dynamic Balance (On A Line) Static Balance	Dynamic Balance (On A Line) Static Balance	Receiving)	Static Balance (One Leg)		

• Real PE - Gym		(One Leg)	(One Leg)			
• Elevating Athletics		(Offic Leg)	(Offic Leg)			
OAA – Buzz Active			Static Balance			
• Swim England –			(Floorwork)			
Learn to swim						
			Static Balance			
			(Stance)			
			Static Balance			
			(Seated)			
			(Scatta)			
			Counter Balance			
			(With a Partner)			
	Sport / Activity	Sport / Activity	Sport / Activity	Sport / Activity	Sport / Activity	Sport / Activity
	En Albail	Real PE:	De al Com	Cricket	Athletics	Athletics
	Endball	Steal the Treasure	Real Gym	Cricket	Atmetics	(School Games Day)
	T Niede II	River Crossing	Unit 2			(School dames bug)
	Tag Netball	Jumpball				Dodgeball
						Outdoor
						Adventurous
						Activities
						Swimming
						5 Williams
						Dance (production)
						·