

# P.E JOURNEY



## Real PE Personal Cog

Children will learn how to control their bodies with footwork and one leg balances.

EYFS



EYFS

## Real PE Social Cog

Children will learn how to control their bodies with jumping and landing and seated balances.



EYFS

## Real PE Creative Cog

Children will learn how to control their bodies with coordination and counter balances.

## Real PE Physical Cog

Children will learn to control their bodies through coordination and agility.

EYFS



EYFS

## Real PE Fitness Cog

Children will learn how exercise is important to our health and well-being.



### Domains and key concepts



Gymnastics



Invasion games



Athletics



Dance



Fundamental movement



Swimming

# PE JOURNEY



## Real PE personal cog

Children will learn the skills of coordination and footwork. They will also learn the skill the static one leg balances.



## Real PE social cog

Children will learn basic movements including jumping and agility. They will learn to develop their balance skills.



**Dance**  
Children learn about how to dance through copying and repeating actions. Using simple techniques such as unison, canon and mirroring to create a simple dance.



## Real PE creative cog

Children will learn about the skills of running, coordination and being introduced to simple ball skills needed for games.



**Real PE physical cog**  
Children will learn the skills of sending and receiving balls. They will also work on reactions and responses.



## Real PE fitness cog

Children will develop their skills in balances both static, moving and floorwork.



**Dance**  
Children learn about how to dance copying, remembering and repeating actions, using simple techniques as unison, canon and mirroring to create a simple dance.



## Real PE social cog

Children will learn the skills jumping and landing and start to apply these skills.



**Real PE cognitive cog**  
Children will continue to develop their skills in balance including stance and dynamics.



## Real PE creative cog

Children will continue to develop their ball skills. they will work with partners to develop further their reaction and responses.



**Real PE physical cog**  
Children will learn about working a team to pass balls. They will look at movement that needed to travel around an area.



## Swimming

Children will begin to develop their knowledge and skill of swimming. They will begin to use simple strokes and understand how to be safe in water.



# P.E JOURNEY



## Gymnastics

Children will learn the skills of shape, travel and rotation. They will develop their skills through floor work, then move to different contexts vertically and horizontally.

3



## Basketball

Children learn about skills of jumping, travel, passing and catching needed in basketball. They will focus on dribbling, passing and shooting skills with control.

3

## World dances

Children learn about dances around the world. They will choreograph with a group to create a simple dance to reflect their knowledge of world dance.

3



## Tag Rugby

Children will learn about running, jumping, throwing, and catching. They will be able to pass the ball accurately and with speed. They will use tactics to attack and defend.

3

## Golf

Children learn about coordination and accuracy in control of aim and balance. They will learn how to put, chip, strike and play games.

3



## Athletics

Children will learn about the skills of running, jumping and throwing in Athletics. They will develop their sprinting, jumping and throwing technique.

3

## Gymnastics

Children will learn the skills of shape, flight and balance. They will develop their skills through floor work, then move to different contexts vertically and horizontally.

4



## Netball

Children learn about skills of jumping, travel, passing and catching in netball. They will focus on passing, shooting and playing as a team.

4

## Badminton

Children learn about skills of jumping, travel and hitting in badminton. They will focus on racket skills, and learning the rules.

4



## Dance

Children learn about how to dance by movement and shape making. They will choreograph dances in groups and pairs to match the music chosen.

4

## Cricket

Children learn about skills of running, striking and throwing in cricket. They will focus on learning bowling and batting skills.

4



## Athletics

Children will learn about the skills of running, jumping and throwing in Athletics. They will develop their sprinting, jumping and throwing technique.

4



# P.E JOURNEY



## Gymnastics

Children will learn the skills of shape, rotation, travel, flight and balance. They will develop their skills in different contexts including vertically and horizontally.

5



## Swimming

Children will learn to swim over a distance of at least 25 metres and will use a range of strokes. They will also be able to perform self-rescue in water.

5

## Basketball

Children learn about skills of jumping, travel and hitting in basketball. They will develop accuracy in racket skills and teamwork.

5



## Tennis

Children will learn about the skills of running, coordination and racket control that are needed in tennis. They will begin to develop their accuracy in these skills.

5

## Athletics

Children will learn about the skills of running, jumping and throwing in Athletics. They will develop accuracy in sprinting, jumping and throwing techniques.

5



## Dance

Children learn about how to dance by movement and shape making. they will choreograph dances in groups, pairs and solo to match the music chosen.

5

## Netball

Children learn about skills of jumping, travel, passing and catching in netball. They will focus on their accuracy in passing, shooting and playing as a team.

6



## Dance

Children learn about how to dance by movement and shape making. they will choreograph dances in groups, pairs and solo to match the music chosen.

6

## Badminton

Children learn about skills of jumping, travel and hitting in badminton. They will develop further their racket skills, and teamwork.

6



## Handball

Children learn about skills of jumping, travel and throwing in Handball. They will focus on throwing and striking skills and learning the rule

6

## Gymnastics

Children will develop the skills of shape, rotation, travel, flight and balance. They will develop their skills in different contexts including vertically and horizontally.

6



## Athletics

Children will learn about the skills of running, jumping and throwing in Athletics. They will develop accuracy and confidence in sprinting, jumping and throwing techniques.

6

