

## PE – Progression Map EYFS-Year 6



**Our Vision:** To fulfil our vision by inspiring a generation, at St James' we motivate children to participate in a variety of sports which are engaging and fun. We inspire children to instinctively utilise skills and knowledge acquired during PE lessons, encouraging them to take responsibility for their own health and fitness thus developing a love of sport leading to a happy and healthy life. <https://vimeo.com/310751052>

Year Group	Term 1 Personal	Term 2 Social	Term 3 Cognitive	Term 4 Creative	Term 5 Physical	Term 6 Health & Fitness
<b>EYFS</b>	Part time transition sessions Start Real PE 1	Real PE 1 & 2 <i>Real Gym 1</i>	<i>Balance Ability (10 weeks)</i> Real Dance 1	<i>Balance Ability</i> Real Gym 2	Fundamentals & REAL PE 4 Real Dance 2	REAL PE 5 Real PE 6
<b>Y1</b>	<i>Move More coach-Multi Skills</i> Real Gym 1	REAL PE 1 <i>REAL Dance 1</i>	Real PE 3 Real Gym 2	Real PE 4 Throwing & Catching Games	Athletics and Real PE 4 Real Dance 2	Real PE 5 Real PE 6
<b>Y2</b>	Glos. Cricket <i>Real Gym 1</i>	REAL PE 1 Real Dance 1	Multi Sports and alternative sports Real PE 2	<i>Real PE 3</i> Real Gym 2	Real PE 4 Real Dance 2	Real PE 5 Real PE 6
<b>Y3</b>	<i>Multi Skills &amp; Alternative sports</i> Real Gym 1	<i>Multi Skills &amp; Alternative sports</i> Real Gym 2	Real PE 3 <i>Real Dance 1</i>	Real PE 4 Hockey	Real PE 5 Real Dance 2	Real PE 6 Cycle Stars & Swimming 10x30 min
<b>Y4</b>	Gloucestershire Tennis Real Gym 1	Real PE 1 Real Dance 1	Alternative sports Real PE 2	Real Dance 2 Fun Fit	Real PE 4/5 Real Gym 2	Real PE 5/6 Rounders Swimming 10x30 min
<b>Y5</b>	Real PE 1 Real Gym 1	Real PE 2 Real Dance 1	<i>Cheltenham Town Football</i> Real PE 3	<i>Cheltenham Town Football</i> Cycle Stars – Cyclo Cross and Grass Track	Multi skills and Alternative Sports Real Dance Unit 2	Outdoor and Adventurous Real Gym 2 Swimming 10x30 min
<b>Y6</b>	<i>Cheltenham Town Football</i> Real Gym Unit 1	<i>Real PE 4</i> Real Gym 2	<i>Real PE 5</i> Rugby	Gloucestershire Cricket Real Dance 1	Real PE 6 <i>Harwood school of Dance</i>	Outdoor and Adventure Swimming 10x30 min

We must always remember that our **core aim** is to establish a **positive relationship with physical activity** for EVERY child, only then can we hope to achieve our ambitious learning goals. If they look a little excited, anticipating a fun and successful learning experience this is a great start. Our role is not to disappoint them.

The **real PE** fusion warm-ups are created by practitioners to deliberately warm up all the ‘cogs’ (**person, social, creative, cognitive, health and fitness and applying physical**) to set the scene, or indeed to set the theme, for the ongoing learning, creating an opportunity to explore the behaviours and physical skills they will focus on later. And, of course, they are now more ready to listen and discuss the personalised goals for the session and/or unit within a context created by the warm-up.

