







Perran-ar-Worthal integrated blended program with Real PE.

Plymouth Argyle sessions

(PA Robins S2)

Miss Davies

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE attributes:	Empathy and respect	Sportspersonship	Motivating others and yourself	Integrity – honesty and perseverance	Communication skills and active listening	Collaboration with your team
Areas of assessment:						
Year 3 Real PE & exposure to invasion games and basic skills for specific sports. FMS skills assessment: Body management: balance on one foot / line beam / forward roll / Locomotor skills: hop / jump for distance / skip / gallop / side gallop / dodge. Object control: catch & underhand throw.						
12 Real PE Skills & link to sport exposure weekly lesson	Coordination- footwork Static balance – one leg Netball net and field games: working as a team / chest pass / footwork rule	Dynamic Balance to Agility Jumping and Landing Static balance seated Football/ invasion games Dribbling / passing / catching	Dynamic balance on a line Coordination ball skills Basketball / net and field games	Coordination sending and receiving Counter balance with a partner Rugby – cooperative play Running and passing / catching	Agility – reaction / response Static balance floor work Athletics – movement exploration Jump for distance	Agility ball chasing Static balance Stance Tennis / volleyball – net and field games
Fab Friday	P.A.-netball	P.A -football	Basketball	Rugby	Swimming BD	Swimming BT
Year 4 Real PE & integrate invasion games and exposure to develop skills for specific sports FMS: overhand throw / chest pass/2/handed strike / foot dribble./kick / hand dribble						
Skills & link to sports exposure weekly lesson	Coordination footwork Static balance one leg Netball net and field games working as a team / chest pass / footwork rule	Dynamic balance to agility jumping and landing Static balance seated Football/ invasion games Dribbling / passing / catching	Dynamic balance on a line Coordination ball skills Basketball / net and field games Dribbling / passing/ catching	Coordination sending and receiving Counter balance with a partner Rugby – cooperative play Running and passing / catching	Agility reaction and response Static balance floor work Athletics – movement exploration Jump for distance	Agility ball chasing Static balance: stance Tennis / volleyball – net and field games
Fab Friday	Basketball	Gymnastics	P.A.-hockey	P.A.-rugby	P.A-cricket	Athletics / tennis / volleyball / rounders
Year 5 Real PE progression & incorporate traditional sports						
Real PE Skills – Year 5 and 6	Coordination: Ball skills / agility & response FMS: catch / overhand & underhand throw/chest pass	Dynamic balance on a line Counter balance with a partner Balance on one foot / line / beam work kick	Static balance stance Coordination – footwork Locomotor skills	Static balance seated Static balance floor work Forward roll	Dynamic balance to agility Jumping and landing Static balance one leg	Coordination-sending and receiving Ball chasing / two handed strike
Link Real PE to sports PE lessons	Netball (end ball – stinger progressions)/ net and field games	Basketball	Touch rugby	Cricket Cooperative games	Tennis/ badminton	Volleyball / rounders
Fab Friday	Hockey	Dance / gym	P.A.Hockey	P.A Athletics	Football	P.A. Netball
Year 6 Real PE progression & incorporate traditional sports						
Fab Friday	P.A.football & netball	P.A. hockey	Touch rugby	Dance	P.A. - athletics	Volleyball & Tennis

Link Real PE to sports PE lessons	Football, netball & Basketball full rules	Basketball (5 aside) & Hockey	Hockey & Touch rugby	Touch Rugby & Cricket	Cricket & Badminton / tennis	Rounders / Sport's day events
LEAGUES:	Netball and football	Basketball	Hockey	Touch rugby	Cricket	

Fab Friday focus:

	A1	A2	S1	S2	S1	S2
Period1	Year 5 Hockey	Year 5 Dance	Year 3 Basketball	Year 3 Touch rugby	Year 3 Swimming	Year 6 volleyball tennis
Period2	Year 4 Basketball	Year 4 Gymnastics	Year 6 Touch rugby	Year 6 football	Year 5 football	Year 4 Volleyball / tennis / athletics / rounders
Period3	Year 3 Pupil Voice – activism/plant trees?	Year 3 Pupil Voice activism/plant trees?	Year 4 Pupil Voice- story	Year 4 pupil voice– t-shirt slogan	Year 4- health care	Year 5 pupil voice reuse
Period4	Year 6 Pupil Voice – poverty – definition – what causes it? Wealth of different countries.	Year 6 Pupil Voice charity event: colour run	Year 5 pupil voice Climate change – recycling project school – why recycle – what happens to it?	Year 5 pupil voice Climate change Sustainable development - create a town of sustainability	Swifts- gender equality	Year 3 reduce reuse recycle – carbon footprint and create project

