



















Real PE skills

					
Intra school competitions					
		Dance Festival		Sports Day	
Autumn 1 	Autumn 2 	Spring 1 	Spring 2 	Summer 1 	Summer 2 
Multi-skills	Gymnastics Following Real Gym	Dance Following Real Dance	Following Real PE	Following Real PE	Following Real PE
Know and Remember - Gymnastics Vocab Balance Roll Straight Travel Apparatus		Know and Remember - Dance Vocab Space Jump Land Shape Movement		Know and Remember - Games Vocab Throw Catch Bounce Team Roll	



Physical development is continually being developed through daily activities, Continuous Provision, Squiggle while you wiggle and Forest School.

See Real PE for Progression document for skills and knowledge.

Real PE skills










					
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Intra school competitions					
		Dance Festival		Sports Day	

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Multi-skills	Gymnastics Following Real Gym	Dance Following Real Dance	Following Real PE	Athletics	Striking and Fielding (Bat and Ball skills)
Know and Remember - Gymnastics Vocab Tuck Straddle Pike Patches & Points Flight		Know and Remember - Dance Vocab Pathway Turn Static 3 points of contact Direction		Know and Remember - Games Vocab Target Chest Pass Bounce Pass Collect Overarm and Underarm	










See Real PE for Progression document for skills and knowledge.

Real PE skills

					
Intra school competitions					
Netball		Dance Festival	Tag Rugby	Sports Day	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Multi-skills (Netball)	Gymnastics Following Real Gym	Dance Following Real Dance	Following Real PE	Athletics	Striking and Fielding
Know and Remember - Gymnastics		Know and Remember - Dance		Know and Remember - Games	
Vocab Tension Dish Roll Arch Sequence Control		Vocab Rotation Canon Unison Static Dynamic		Vocab Chest pass Dodge Bounce pass Footwork Accuracy	
Year 3 - Swimming	Year 3 - Swimming				


See Real PE for Progression document for skills and knowledge.

Real PE skills

					
Intra school competitions					
Netball		Dance Festival	Tag Rugby	Sports Day	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Netball	Gymnastics Following Real Gym	Dance Following Real Dance	Tag Rugby	Athletics	Striking and Fielding Cricket/Rounders
Know and Remember - Gymnastics Vocab Extend Stability V Shape Extension Coordinated		Know and Remember - Dance Vocab Repetition Mirroring Speed		Know and Remember - Games Vocab Position Send Receive Attack and Defend Intercept Shoulder pass Striker and Fielder Bowler Batter	
Year 4 – Table Tennis	Year 4 – Table Tennis	Swimming	Swimming		

Real PE skills

					
Intra school competitions					
Netball		Dance Festival	Tag Rugby	Sports Day	

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Netball	Gymnastics Following Real Gym	Dance Following Real Dance	Tag Rugby	Athletics	Striking and Fielding Cricket/Rounders
Know and Remember - Gymnastics Vocab Counterbalance Pivot Posture Lunge Elevation		Know and Remember - Dance Vocab Combination Spatial Awareness Tension Flexibility Agility		Know and Remember - Games Vocab Backhand Forehand Serve Tactic Boundary	
Swimming	Swimming	Table Tennis	Table Tennis		

See Real PE for Progression document for skills and knowledge.

CYCLE 2

Symbols

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Question: Y2: Craft and design: Map it out		Key Question: Y2: Painting and mixed media: Life in colour		Key Question: Y2: Sculpture and 3D: clay houses	
Know and Remember Vocab		Know and Remember Vocab		Know and Remember Vocab	

See Kapow Progression document for skills and knowledge.

Symbols

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Question: Y2: Craft and design: Map it out		Key Question: Y2: Painting and mixed media: Life in colour		Key Question: Y2: Sculpture and 3D: clay houses	
Know and Remember Vocab		Know and Remember Vocab		Know and Remember Vocab	

See Kapow Progression document for skills and knowledge.

Symbols

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Question: Y4: Drawing: power prints		Key Question: Y4: Painting and mixed media: light and dark		Key Question: Y4: Craft and design: fabric of nature	
Know and Remember Vocab		Know and Remember Vocab		Know and Remember Vocab	

See Kapow Progression document for skills and knowledge.

Symbols

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Question: Y6: Craft and design: photo opportunity		Key Question: Y6: Drawing: make my voice heard		Key Question: Y6: Sculpture and 3D: making memories	
Know and Remember Vocab		Know and Remember Vocab		Know and Remember Vocab	

See Kapow Progression document for skills and knowledge.