**Programme – Year A – 2021 / 22 SPORTS TO INCLUDE basketball, cricket, football, hockey, netball, rounders, rugby and tennis. Swimming / surfing / surf life-saving in UKS2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | |
| **REAL PE Themes** | **Unit 1 - Personal** | **Unit 2 - Social** | **Unit 3 - Cognitive** | **Unit 4 - Creative** | **Unit 5 - Physical** | | **Unit 6 – Health & Fitness** |
| Kynsa  (YR) | **Core offer**  Co-ordination footwork  Static Balance (one leg)  **FUNS 10, 1**  REAL GYM WORK | **Core offer**  Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  **FUNS 6, 2**  REAL GYM WORK | **Core offer**  Teachers to choose from 1 element of Real Dance  **FUNS 5, 4**  REAL DANCE WORK | **Core offer**  Co-ordination – ball skills. Counter Balance (with a partner)  **FUNS 9, 7**  FOOTBALL, TENNIS | **Core offer**  Co-ordination – sending and receiving. Agility – reaction / response  **FUNS 8, 12**  CRICKET, ROUNDERS, NETBALL, BASKETBALL | | **Core offer**  Agility – ball chasing  Static Balance (floor work)  **FUNS 11, 3**  FOOTBALL, BASKETBALL |
| Nessa (Y1/2) | **Core offer**  Co-ordination: Footwork  Static Balance (one leg)  **FUNS 10, 1**  REAL GYM WORK | **Core offer**  Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  **FUNS 6, 2**  REAL GYM WORK | **Core offer**  Teachers to choose from 1 element of Real Dance  REAL DANCE WORK | **Core offer**  Co-ordination – ball skills. Counter Balance (with a partner)  **FUNS 9, 7**  FOOTBALL, TENNIS | **Core offer**  Co-ordination – sending and receiving. Agility – reaction / response  **FUNS 8, 12**  CRICKET, ROUNDERS, HOCKEY | **Core offer**  Agility – ball chasing  Static Balance (floor work)  FUNS 11,3  CRICKET, ROUNDERS, HOCKEY  SPORTS DAY – ATHLETICS | |
| Teyr (Y3/4) | **Core offer**  Co-ordination: Footwork  Static Balance (one leg)  **FUNS 10, 1**  REAL GYM WORK | **Core offer**  Teachers to choose from 1 element of Real Dance  REAL DANCE WORK | **Core offer**  Dynamic balance – on a line. Co-ordination – ball skills  **FUNS 5, 9**  RUGBY | **Core offer**  Co-ordination – sending and receiving. Counter Balance (with a partner  **FUNS 8, 7**  NETBALL, BASKETBALL, FOOTBALL | **Core offer**  Agility – reaction / response. Static Balance (floor work)  **FUNS 12, 3**  NETBALL, BASKETBALL, FOOTBALL | **Core offer**  Agility – ball chasing  Static Balance – stance  ROUNDERS, HOCKEY  **FUNS 11,4**  CRICKET  SPORTS DAY - ATHLETICS | |
| Peswara (Y5/6) | Swimming – note swimming takes one full afternoon so 30 mins other PE during the week  **Core offer**  Co-ordination – ball skills. Agility – reaction / response  **FUNS 9, 12**  **SWIMMING** (POOL)  GYM WORK  FOOTBALL, NETBALL | **Core offer**  Teachers to choose from 1 element of Real Dance  REAL DANCE WORK  Swimming – note swimming takes one full afternoon so 30 mins other PE during the week  **SWIMMING** (POOL)  GYM WORK  FOOTBALL, NETBALL | **Core offer**  Dynamic balance – on a line. Counter Balance (with a partner)  **FUNS 5, 7**  NETBALL, BASKETBALL, FOOTBALL | **Core offer:**  Co-ordination – sending and receiving. Counter Balance (with a partner)  **FUNS 8, 7**  FOOTBALL, TENNIS | **Core offer**  Co-ordination: Footwork  Static Balance: stance  **FUNS 4,10**  NETBALL, BASKETBALL, FOOTBALL | Surfing, surf life-saving, swimming.  **Core offer**  Agility – ball chasing  Co-ordination – sending and receiving  **FUNS 11,8**  SPORTS DAY – ATHLETICS  **SURFING / SWIMMING / SURF LIFESAVING** (BEACH)  RESISDENTIAL | |

**Programme – Year B – 2022/ 23 SPORTS TO INCLUDE basketball, cricket, football, hockey, netball, rounders, rugby and tennis. Swimming / surfing / surf life-saving in UKS2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | |
| **REAL PE**  **Themes** | **Unit 1 - Personal** | **Unit 2 - Social** | **Unit 3 - Cognitive** | **Unit 4 - Creative** | **Unit 5 - Physical** | | **Unit 6 – Health & Fitness** |
| Kynsa  (YR) | **Core offer:**  Co-ordination footwork  Static Balance (one leg)  **FUNS 10, 1**  REAL GYM | **Core offer:**  Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  **FUNS 6, 2**    REAL GYM WORK | **Core offer:**  Dynamic balance – on a line. Static Balance (stance)  **FUNS 5, 4**  REAL GYM WORK | **Core offer:**  Co-ordination – ball skills. Counter Balance (with a partner)  **FUNS 9, 7**  FOOTBALL, TENNIS | **Core offer:**  Co-ordination – sending and receiving/ Agility – reaction / response  **FUNS 8, 12**  CRICKET, ROUNDERS, NETBALL, BASKETBALL | | **Core offer:**  Agility – ball chasing  Static Balance (floor work)  **FUNS 11, 3**  CRICKET, HOCKEY, BASKETBALL |
| Nessa (Y1/2) | **Core offer:**  Co-ordination: Footwork  Static Balance (one leg)  **FUNS 10, 1**  REAL GYM WORK | **Core offer:**  Dynamic Balance to agility - Jumping and Landing. Static Balance (seated)  **FUNS 6, 2**  REAL GYM WORK | **Core offer:**  Dynamic balance – on a line. Static Balance (stance)  **FUNS 5, 4**  REAL GYM WORK | **Core offer:**  Co-ordination – ball skills. Counter Balance (with a partner)  **FUNS 9, 7**  FOOTBALL, TENNIS | **Core offer:**  Co-ordination – sending and receiving. Agility – reaction / response  **FUNS 8, 12**  CRICKET, ROUNDERS, NETBALL, BASKETBALL | **Core offer:**  Agility – ball chasing  Static Balance (floor work)  **FUNS 11, 3**  CRICKET, HOCKEY, BASKETBALL | |
| Teyr (Y3/4) | **Core offer:**  Co-ordination: Footwork  Static Balance (one leg)  **FUNS 10, 1**  REAL GYM WORK | **Core offer:**  Dynamic Balance to agility - Jumping and Landing. Static Balance (seated) **FUNS 6, 2**  REAL GYM WORK | **Core offer:**  Dynamic balance – on a line. Co-ordination – ball skills  **FUNS 5, 9** | **Core offer:**  Co-ordination – sending and receiving. Counter Balance (with a partner)  **FUNS 8, 7**  FOOTBALL, TENNIS | **Core offer:**  Agility – reaction / response. Static Balance (floor work)  **FUNS 12, 3**  CRICKET, ROUNDERS, NETBALL, BASKETBALL | **Core offer:**  Agility – ball chasing  Static Balance - stance  **FUNS 11, 4**  CRICKET, HOCKEY, BASKETBALL | |
| Peswara (Y5/6) | **Core offer:**  Co-ordination – ball skills. Agility – reaction / response  **FUNS 9, 12**  REAL GYM WORK  FOOTBALL, NETBALL | **Core offer:**  Static Balance (seated)  Static Balance (floor work)  **FUNS 2, 3**  REAL GYM WORK  FOOTBALL, NETBALL | **Core offer:**  Dynamic balance – on a line. Counter Balance (with a partner  **FUNS 5, 7**  NETBALL, BASKETBALL, FOOTBALL | **Core offer:**  Static Balance (one leg)  Dynamic Balance to agility - Jumping and Landing  **FUNS 1,6**  NETBALL, BASKETBALL, FOOTBALL | **Core offer:**  Co-ordination: Footwork  Static Balance: stance  **FUNS 4,10**  NETBALL, BASKETBALL, FOOTBALL | **Core offer:**  Surfing, surf life-saving, swimming  **FUNS 11,8**  SPORTS DAY – ATHLETICS  SURFING / SWIMMING / SURF LIFESAVING (BEACH)  RESIDENTIAL | |

|  |  |
| --- | --- |
| **Sport Specific** | **Scheme** |
| Gym | REAL PE |
| Dance | REAL Dance |
| Athletics (including Quad Kids | ARENA scheme |
| Tennis | [www.LTA-tennis.force.com](http://www.LTA-tennis.force.com)  Penzance Tennis Club coach |
| TAG Rugby | ARENA scheme / Cornish Pirates RFC Community Coach |
| Cricket | Chance2Shine |
| Swimming | Swim England Scheme of Work delivered by trained instructors at Penzance Leisure Centre |
| Basketball | ARENA scheme |
| Netball | ARENA scheme |
| Football | ARENA scheme |

|  |  |
| --- | --- |
| **Year** | **Additional Offer** |
| EYFS | Balance-a-bility |
| Y1 | Cape Cluster Multiskills Festival |
| Y2 | Cape Cluster Multiskills Festival)  Rapid-fire Cricket festival |
| Y3 | Cape Cluster Multiskills Festival  Safe Surf Day with Global Boarders (1 days) |
| Y4 | Cape Cluster Multiskills Festival  RNLI Hit the Surf programme (one day)  Safe Surf Day with Global Boarders (1 days) |
| Y5 | Cape Cluster Multiskills Festival  Bikeability training (x2 half-day & x1 whole day sessions)  Safe Surf Day with Global Boarders (5 days) |
| Y6 | Cape Cluster Multiskills Festival  Bikeability training (x2 half-day & X1 whole day sessions)  Safe Surf Day with Global Boarders (5 days) |