**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 footworkStatic 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 chasingStatic Balance (floor work)**FUNS 11, 3**FOOTBALL, BASKETBALL |
| Nessa (Y1/2) | **Core offer**Co-ordination: FootworkStatic 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 DanceREAL 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 chasingStatic Balance (floor work)FUNS 11,3CRICKET, ROUNDERS, HOCKEYSPORTS DAY – ATHLETICS |
| Teyr (Y3/4)  | **Core offer**Co-ordination: FootworkStatic Balance (one leg)**FUNS 10, 1**REAL GYM WORK | **Core offer**Teachers to choose from 1 element of Real DanceREAL 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 chasingStatic Balance – stanceROUNDERS, HOCKEY**FUNS 11,4**CRICKETSPORTS 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 WORKFOOTBALL, NETBALL | **Core offer**Teachers to choose from 1 element of Real DanceREAL DANCE WORKSwimming – note swimming takes one full afternoon so 30 mins other PE during the week**SWIMMING** (POOL)GYM WORKFOOTBALL, 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: FootworkStatic Balance: stance**FUNS 4,10**NETBALL, BASKETBALL, FOOTBALL | Surfing, surf life-saving, swimming. **Core offer**Agility – ball chasingCo-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 footworkStatic 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 chasingStatic Balance (floor work)**FUNS 11, 3**CRICKET, HOCKEY, BASKETBALL |
| Nessa (Y1/2) | **Core offer:**Co-ordination: FootworkStatic 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 chasingStatic Balance (floor work)**FUNS 11, 3**CRICKET, HOCKEY, BASKETBALL |
| Teyr (Y3/4)  | **Core offer:**Co-ordination: FootworkStatic 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 chasingStatic 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 WORKFOOTBALL, NETBALL | **Core offer:**Static Balance (seated)Static Balance (floor work)**FUNS 2, 3**REAL GYM WORKFOOTBALL, 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: FootworkStatic Balance: stance**FUNS 4,10**NETBALL, BASKETBALL, FOOTBALL | **Core offer:**Surfing, surf life-saving, swimming**FUNS 11,8**SPORTS DAY – ATHLETICSSURFING / 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 FestivalSafe Surf Day with Global Boarders (1 days) |
| Y4 | Cape Cluster Multiskills FestivalRNLI Hit the Surf programme (one day)Safe Surf Day with Global Boarders (1 days) |
| Y5 | Cape Cluster Multiskills FestivalBikeability training (x2 half-day & x1 whole day sessions)Safe Surf Day with Global Boarders (5 days) |
| Y6 | Cape Cluster Multiskills FestivalBikeability training (x2 half-day & X1 whole day sessions)Safe Surf Day with Global Boarders (5 days) |