

At Walsden St Peter's Primary School, our PE curriculum follows an approach that focusses on teaching core transferrable skills based upon the 'RealPE' scheme. There are 12 core skills with each having six levels of progression with smaller steps of progression within each level; teaching is adapted to the most appropriate level for the children in each lesson. In addition to teaching physical skills, we promote teaching mental and social skills that prove beneficial for teamwork and sportsmanship. The 12 skills are:

- Static balance 1 - one leg standing
- Static balance 2 - seated balances
- Static balance - floor work
- Static balance - small base (includes throwing and catching)
- Dynamic balance - controlled sequential movements
- Dynamic balance to agility
- Counter balance in pairs
- Co-ordination with equipment
- Co-ordination - ball skills
- Co-ordination - floor movement patterns
- Agility - ball chasing
- Agility - reaction/ response

Alongside the core skills based approach taught by staff at the school, the national curriculum objectives listed below are taught through professional external provision.

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skill 1	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> • Sit on the floor and roll a large ball around your back and over outstretched legs with two hands if need • Complete the same with only 1 hand on ball at a time 	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> • Walk naturally along a line with minimum wobble • Repeat backwards 	<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> • Keep balance for 10 seconds whilst seated: <ul style="list-style-type: none"> - Both hand and feet touching the floor - 1 hand, 2 feet - 1 foot, 2 hands - 1 foot, 1 hand 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> • Sit facing a partner, toes touching - hold hands and row back and forth • Repeat 1 handed • Work together rocking back, forth and sideways whilst keeping balance 	<p>Static balance - small base</p> <ul style="list-style-type: none"> • Stand with feet shoulder width apart on the balls of your feet on a line on the floor and hold balance 	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> • Roll a ball, run past it and then wait to collect it in a balanced position • Complete the above with a partner rolling the ball
Skill 2	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> • Roll a large ball against a wall/fence so it rebounds and collect it • Repeat with a small ball 	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> • Jump 2 feet to 2 feet forwards, backwards and side to side. 	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> • 1 legged balance for 10 seconds • Either foot 	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> • Side step in both directions - no legs crossing and no legs touching in the middle • Gallop with 1 foot in front without crossing over legs 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> • Hold a crawl position on knees with a straight back • On hands and knees, reach round and point to the ceiling • Reach with other hand 	<p>Agility - reaction/ response</p> <ul style="list-style-type: none"> • Standing 1m from a partner - partner drops the ball from shoulder height and standing person catches after 2 bounces • Repeat above standing 2m away

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skill 1	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> 1 legged balance for 30 seconds Either foot 	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> Jump from 2 feet to 2 feet with a quarter turn - both ways. 	<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> Keep balance for 10 seconds whilst seated: <ul style="list-style-type: none"> 1 foot or 1 hand touching the floor No hands and no feet 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> Stand face to face holding hands with one foot forward and toes touching - rock back and forth maintaining balance 	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> Throw a bouncing ball, run past it and then wait to collect it in a balanced position Complete the above with a partner rolling the ball 	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> Roll a ball along between legs down to toes and back up and then round upper body Repeat standing up
Skill 2	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> Hop - 1 foot to same foot landing Skip around the room Alternate between hopping and skipping upon instruction 	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> Walk forwards and backwards along a line lifting knees to 90° Walk forwards and backwards along a line lifting heels to lower back 	<p>Static balance - small base</p> <ul style="list-style-type: none"> Stand with feet shoulder width apart on the balls of your feet on a line and hold balance whilst picking up alternate feet and knees 5 times 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> Holding a crawl position, place a cone on back and remove with other hand 	<p>Agility - reaction/response</p> <ul style="list-style-type: none"> Standing 3m from a partner - partner drops the ball from shoulder height and standing person catches after 2 bounces Catch after 1 bounce Repeat with different shape and sized balls 	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> Roll different sized balls so they rebound off a fence/wall and collect - increase distance from wall by 5m at least twice Throw a ball to a partner at chest height and catch with two hands

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skill 1	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> • 1 legged balance with 5 mini-squats (135°) • Either foot 	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> • Walk along a line in a marching action lifting knees to elbows • Walk forwards and backwards along a line lifting heels to lower back using heel to toe landing 	<p>Agility - reaction/ response</p> <ul style="list-style-type: none"> • Partner standing facing with arms outstretched and a tennis balls in each hand • From 1m away - catch the dropped ball after 1 bounce • Repeat with increasing distances or shorter with fewer bounces 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> • Stand face to face holding hands (1 hand) with one foot forward and toes touching - rock back and forth maintaining balance • Stand, both toes touching, holding each other's wrist, lean back and forth 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> • Reverse crawl position - tummy in air, not back. Hold position for 10 seconds • Hold position, pick up an object, balance on tummy and remove with other hand 	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> • Combine side steps with 180° front pivots - alternate pivoting foot • Combine side steps with 180° reverse pivots - alternate pivoting foot • Skip so that knee reaches opposite elbow at 90° • Hop-scotch - 1 foot/2 foot alternating
Skill 2	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> • Throw a tennis ball in the air and catch with same hand after 1 bounce • Repeat and catch without a bounce • Throw with 1 hand and catch with the other 	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> • Standing on a line, jump 2 feet to 1 foot and freeze on landing without losing balance. • Repeat landing on other foot 	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> • Throw a bouncing ball, run past it and then wait to collect it in a balanced position • Roll a ball, run past it, let it run through legs, chase again and then collect in a balanced position 	<p>Static balance - small base</p> <ul style="list-style-type: none"> • Stand with feet shoulder width apart on the balls of your feet on a low beam and hold balance for 10 seconds • Repeat above and pick up alternate feet/knees 5 times 	<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> • Sat balanced with no hands or feet touching the floor, pass an object from one side, swap hands and put down on other side • Repeat opposite way 	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> • Roll a ball along between legs down to toes and back up and then round upper body using 1 hand - repeat with weaker hand • Complete the above both seated and standing

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skill 1	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> Lunge along a line bring heel from lower back to out in front at a stretch Lunge walking along a narrow platform 	<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> Sat balanced with no hands or feet touching the floor, pass an object from one side to other using 1 hand Stretched arms and legs into a long shape whilst sat balanced - hold for 5 seconds 	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> Strike a large ball along the ground against a wall/fence 5 times without a pause Strike to rebound off a wall/fence with alternate hands 5 times in a row Kick the ball against a wall 5 times 	<p>Agility - reaction/response</p> <ul style="list-style-type: none"> Partner standing facing with arms outstretched and a tennis balls in each hand From 1m away, catch the dropped ball whilst balancing on 1 leg Repeat from further away and with different ball types 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> Hold a high plank position for 10 seconds Whilst in high plank position, lift one hand and point to ceiling Repeat with other hand 	<p>Static balance - small base</p> <ul style="list-style-type: none"> Stand with feet shoulder width apart on the balls of your feet on a low beam and hold balance whilst a partner applies a small force Standing on a line, feet shoulder width apart, chest pass to and from a partner
Skill 2	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> Jump 2 feet to 2 feet with 180° turn - both ways Complete a power jump (tucked jump) and keep balance on landing 	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> Stand on 1 leg for 30 seconds with eyes closed Five 1 legged squat (90°) Five 1 legged calf raises 	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> Standing, move the ball around one leg 16 times - repeat other direction Take ball around back at tummy height 16 times 	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> Throw a bouncing ball, run past it, let it run through legs, chase again and then collect in a balanced position Repeat with decreasing ball sizes 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> Stand, both toes touching, holding each other's wrist, lean back and forth with eyes closed Stand on 1 leg, toes touching, hold hands and lean back and forth 	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> Hop-scotch backwards - 1 foot/2 foot alternating Hop-scotch by changing hopping foot on each landing Repeat above backwards

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skill 1	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> Lunge walk along a line bring knee to elbow before lunging forwards Repeat with eyes closed 	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> Kick a ball against a wall/fence with alternate feet Facing a partner with a tennis ball each, roll the balls to each other so that they pass in the middle and you collect with other hand - repeat 	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> Zig-zag side step patterns forwards - 2 forwards left and continue 2 forwards right and repeat Repeat backwards Increase speed and control of above movements 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> Standing facing partner, hold balance whilst holding partner's opposite leg Repeat with eyes closed Stand on 1 leg, toes touching, hold hands and lean back and forth with eyes closed 	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> Roll a ball, run in front of it and stop the ball with knee sideways as a long barrier (cricket style fielding) Repeat with decreasing ball sizes 	<p>Static balance - small base</p> <ul style="list-style-type: none"> Standing on a line, feet shoulder width apart, raise knee to opposite elbow 5 times Hold balance on the line whilst catching a ball at knee or above head height
Skill 2	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> Complete a power jump (tucked jump) with a 180° turn - both ways 2 feet to 2 feet jump forwards, backwards and sideways on a line, keeping balance 	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> Standing pass the ball around alternate legs 16 times Repeat with 1 hand around one leg and then other hand around other leg - figure 8 movement 	<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> Sit with knees bent whilst passing object at arm's length away from one side to other Repeat without swapping hands in middle 	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> 1 legged balance on uneven surface Uneven surface with eyes closed 	<p>Agility - reaction/response</p> <ul style="list-style-type: none"> Partner standing facing with arms outstretched and a tennis balls in each hand From 1m away, catch dropped ball with hand across the body Repeat with other ball types 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> Holding a high plank position, place a cone on back with 1 hand and remove with the other Hold a reverse plank position - tummy to ceiling

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skill 1	<p>Agility - reaction/ response</p> <ul style="list-style-type: none"> Facing away from partner with their arms outstretched and a tennis balls in each hand From 1m away respond to a call to turn and catch dropped ball after 1 bounce 2m away etc 	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> Take the ball around legs in a figure 8 pattern and round your back between each one - repeat 10 times Hold ball between legs - 1 hand in front and 1 behind - swap hand positions and catching ball after 1 bounce - repeat with no bounce 	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> Remain balanced whilst sidestepping along a line Repeat with front and backwards pivots 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> Holding hands with a partner, step onto a bench with feet side by side and lean back, holding balance 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> Whilst holding a low plank position (elbows) transfer a tennis ball over your back from one side to the other Whilst holding a reverse plank, transfer an object on and off tummy from 1 side to the other 	<p>Static balance - small base</p> <ul style="list-style-type: none"> Standing on a line, feet shoulder width apart, catch a small ball thrown to body and slightly away Stay balanced whilst throwing and catching 2 balls alternately with both hands Strike a ball back to your partner with a racket
Skill 2	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> Roll a ball, run in front of it and then stop ball with 1 arm whilst holding a press-up position 	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> Facing a partner with a tennis ball each, throw to each other, alternating throwing and catching hands Cross-over throws 	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> 1 foot to 1 foot jump and freeze on landing Hop on 1 foot, lifting knee to chest and landing, keeping balance Repeat for other foot 	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> 10 squat to calf raises Squat to calf raises with eyes closed 	<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> Sit in a 'V' position and hold whilst passing object at arms length from one side to other Repeat without swapping hands in middle 	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> 3 step zig-zag patterns with a crossover swerve when you change lead leg and direction - cross legs over as direction changes With a knee raise across body Heel lift behind during change

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skill 1	<p>Static balance - small base</p> <ul style="list-style-type: none"> • Standing on a low beam, feet shoulder width apart strike a ball back to your partner with a racket • Return a strike of a ball from across your body (backhand) • Low beam, catch a tennis ball across your body 	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> • Simultaneously throw a tennis ball and kick a football to a partner 10 times • Working with a partner, keep 2 tennis balls throwing in a circuit to each other - move onto 3 balls 	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> • Standing sideways, move along a line by stepping across your body • Repeat with stepping behind standing foot • Repeat with eyes closed 	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> • Standing facing a partner - partner throws a ball over your head, standing person to turn and catch it after 1 bounce • With back to a partner, partner throws a ball over your head, standing person to turn and catch it after 1 bounce 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> • Whilst holding a reverse plank, transfer a tennis ball on and off tummy from 1 side to the other • 1 foot plank, transfer an object over back from one side to other, repeat with other foot 	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> • 10 squat to calf raises on uneven surface • Squat to calf raises with eyes closed on uneven surface • Pick up cones from 12,3,6,9 (clock face) - 1 legged and replace cones
Skill 2	<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> • Knees bent, arms/hands not touching the floor, pass objects from in front, behind or side whilst holding balance • With eyes closed • With gentle push from a partner 	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> • Throw a ball from in front, over your head and catch behind back. Throw from behind back and catch in front - repeat 10 times in a row • Hold ball between legs with hands in front, throw and catch ball with hands through legs from behind 	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> • On a line and then a low beam • Jump 2 feet to 2 feet with 180° turn • 2 feet to 2 feet power jump (tucked jump) with 180° turn • Standing upright, jump to lunge position, then back again - repeat other foot 	<p>Agility - reaction/response</p> <ul style="list-style-type: none"> • Facing away from partner with their arms outstretched and a tennis balls in each hand • From 1m away, respond to sound of the dropped ball to turn and catch after 1 bounce • 2m away etc 	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> • 3 step side step zig-zags with alternating knee lifts during change of directions • 3 step side step zig zags backwards with knee raise or body swerve during change of direction 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> • Holding hands with a partner, step onto a bench with feet side by side and lean back, holding balance - switch places whilst maintaining a counter balance with straight arms

Gifted and Talented Objectives

<p>Static balance - small base</p> <ul style="list-style-type: none"> • Standing on a low beam, feet shoulder width apart, throwing and catch 2 balls alternately, catching across the body. • Still on a low beam, volley a large ball back to a partner with your foot, alternate feet 	<p>Co-ordination with equipment</p> <ul style="list-style-type: none"> • Simultaneously throw 2 tennis balls and kick a football to a partner 10 times • Simultaneously volley a tennis ball with a racket and kick a football to a partner 10 times 	<p>Dynamic balance - controlled sequential movements</p> <ul style="list-style-type: none"> • Remain balanced while lunge walking backwards along a line • Lunge walk backwards whilst lifting knee to opposite elbow at appropriate moments • Lunge walk along a curved pathway • Repeat all of the above with eyes closed 	<p>Agility - ball chasing</p> <ul style="list-style-type: none"> • Facing away from partner, partner throws ball over your head - standing person catches ball between feet after 1 bounce • Catch between knees after 1 bounce 	<p>Static balance - floor work</p> <ul style="list-style-type: none"> • From a front plank position, rotate fluently to a back plank position • Holding a 1 foot plank, transfer a tennis ball onto back and off the other side • Repeat with eyes closed 	<p>Static balance - 1 leg standing</p> <ul style="list-style-type: none"> • Pick up cones from 12,3,6,9 (clock face) - 1 legged and replace cones with eyes closed • As above but whilst standing on an uneven surface
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<p>Static balance 2 - seated balances</p> <ul style="list-style-type: none"> • Sat balancing on a bench, knees bent, arms/ hands not touching the floor, pass objects from one side to other whilst holding balance • Turn 360° on a bench whilst holding position and not touching the floor 	<p>Co-ordination - ball skills</p> <ul style="list-style-type: none"> • With 1 hand, throw a ball over opposite shoulder and catch behind back with same hand. • Repeat with other hand 	<p>Dynamic balance to agility</p> <ul style="list-style-type: none"> • Jump from vertical to lunge position and back again whilst holding larger ball to the side - move the ball to opposite side with each jump • Jump 2 feet to 2 feet and turn 360° landing on balance 	<p>Agility - reaction/ response</p> <ul style="list-style-type: none"> • Repeat Y4 and Y6 objectives balancing on 1 leg • Repeat Y4 objectives catching across your body with 1 hand 	<p>Co-ordination - floor movement patterns</p> <ul style="list-style-type: none"> • 3 step side step zig-zags backwards with alternating heel lifts during each directional change • Complete Y6 objectives with increasing control and speed 	<p>Counter balance in pairs</p> <ul style="list-style-type: none"> • Holding hands with a partner, step onto a low beam with feet side by side and lean back, holding balance - switch places whilst maintaining a counter balance with straight arms
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