

2020-2021 P.E Overview: Foundation-Y6

	AUTUMN 1	AUTUMN 2		SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	
Foundation	<p>Cognitive Cog Exploring Movements</p> <p>Tilly the Train's Big Day! Funs 5 Skill - Dynamic Balance On a Line</p> <p>Thembi Walks the Tightrope! Funs 4 Skill - Static Balance Stance</p>	Gymnastics	<p>Creative Cog Exploring Movements</p> <p>Clowning Around! Funs 9 Skill - Coordination Ball Skills</p> <p>Wendy's Water-Ski Challenge! Funs 7 Skill - Counter Balance With a Partner</p>	Dance	<p>Physical Cog Exploring Movements</p> <p>John and Jasmine Learn to Juggle! Funs 8 Skill - Coordination Sending and Receiving</p> <p>Ringo to the Rescue! Funs 12 Skill - Agility Reaction/Response</p>	<p>Social Cog Exploring Movements</p> <p>Journey to the Blue Planet! Funs 6 Skill - Dynamic Balance and Agility Jumping and Landing</p> <p>Monkey Business! Funs 2 Skill - Static Balance Seated</p>	<p>Personal Cog Exploring Movements</p> <p>The Birthday Bike Surprise! Funs 10 Skill - Coordination Footwork</p> <p>Pirate Pranks! Funs 1 Skill - Exploring Movements Static balance One Leg</p>	<p>Health and Fitness Exploring Movements</p> <p>Sammy Squirrel and his Rolling Nuts! Funs 11 Skill - Agility Ball Chasing</p> <p>Caspar the Very Clever Cat! Funs 3 Skill - Exploring Movements Static Balance Floor Work</p>

Year 1	<p>Cognitive Cog Exploring Movements</p> <p>Tilly the Train's Big Day! <u>Funs 5</u> Skill - Dynamic Balance On a Line</p> <p>Thembi Walks the Tightrope! <u>Funs 4</u> Skill - Static Balance Stance</p>	Gymnastics	<p>Creative Cog Exploring Movements</p> <p>Clowning Around! <u>Funs 9</u> Skill - Coordination Ball Skills</p> <p>Wendy's Water-Ski Challenge! <u>Funs 7</u> Skill - Counter Balance With a Partner</p>	Dance	<p>Physical Cog Exploring Movements</p> <p>John and Jasmine Learn to Juggle! <u>Funs 8</u> Skill - Coordination Sending and Receiving</p> <p>Ringo to the Rescue! <u>Funs 12</u> Skill - Agility Reaction/Response</p>	<p>Social Cog Exploring Movements</p> <p>Journey to the Blue Planet! <u>Funs 6</u> Skill - Dynamic Balance and Agility Jumping and Landing</p> <p>Monkey Business! <u>Funs 2</u> Skill - Static Balance Seated</p>	<p>Personal Cog Exploring Movements</p> <p>The Birthday Bike Surprise! <u>Funs 10</u> Skill - Coordination Footwork</p> <p>Pirate Pranks! <u>Funs 1</u> Skill - Exploring Movements Static balance One Leg</p>	<p>Health and Fitness Exploring Movements</p> <p>Sammy Squirrel and his Rolling Nuts! <u>Funs 11</u> Skill - Agility Ball Chasing</p> <p>Caspar the Very Clever Cat! <u>Funs 3</u> Skill - Exploring Movements Static Balance Floor Work</p>

Year 2	<p>Cognitive Cog</p> <p><u>Funs 5 (Yellow and Green Challenges)</u> Skill - Dynamic Balance On a Line</p> <p><u>Funs 4 (Yellow and Green Challenges)</u> Skill - Static Balance Stance</p>	<p>Creative Cog</p> <p><u>Funs 9 (Yellow and Green Challenges)</u> Skill - Coordination Ball Skills</p> <p><u>Funs 7 (Yellow and Green Challenges)</u> Skill - Counter Balance With a Partner</p>	Swimming	<p>Physical Cog</p> <p><u>Funs 8 (Yellow and Green Challenges)</u> Skill - Coordination Sending and Receiving</p> <p><u>Funs 12 (Yellow and Green Challenges)</u> Skill - Agility Reaction/Response</p>	<p>Social Cog</p> <p><u>Funs 6 (Yellow and Green Challenges)</u> Skill - Dynamic Balance and Agility Jumping and Landing</p> <p><u>Funs 2 (Yellow and Green Challenges)</u> Skill - Static Balance Seated</p>	Gymnastics	<p>Personal Cog</p> <p><u>Funs 10 (Yellow and Green Challenges)</u> Skill - Coordination Footwork</p> <p><u>Funs 1 (Yellow and Green Challenges)</u> Skill - Exploring Movements Static balance One Leg</p>	<p>Health and Fitness</p> <p><u>Funs 11 (Yellow and Green Challenges)</u> Skill - Agility Ball Chasing</p> <p><u>Funs 3 (Yellow and Green Challenges)</u> Skill - Exploring Movements Static Balance Floor Work</p>	Dance
	Year 3	<p>Cognitive Cog</p> <p><u>Funs 5 (Green and Red Challenges)</u> Skill – Dynamic Balance: On a Line</p> <p><u>FUNS Station 9 (Green and Red Challenges)</u> Cool Down – Coordination: Ball Skills</p>		<p>Creative Cog</p> <p><u>Funs 8 (Green and Red Challenges)</u> Skill – Coordination: Sending and Receiving</p> <p><u>FUNS Station 7 Green and Red Challenges)</u> Cool Down – Counter Balance: With a Partner</p>	<p>Physical Cog</p> <p><u>Funs 12 (Green and Red Challenges)</u> Skill - Agility: Reaction/Response</p> <p><u>Funs 3 (Green and Red Challenges)</u> Cool Down – Static Balance: Floor Work</p>		Gymnastics	<p>Social Cog</p> <p><u>Funs 6 (Yellow and Green Challenges)</u> Skill - Dynamic Balance and Agility: Jumping and Landing</p> <p><u>Funs 2 (Yellow and Green Challenges)</u> Cool Down – Static Balance: Seated</p>	

Year 4	Cognitive Cog	Creative Cog	Gymnastics	Physical Cog	Dance	Social Cog	Personal Cog	Swimming	Health and Fitness
	<u>Funs 5 (Green and Red Challenges)</u> Skill – Dynamic Balance: On a Line <u>FUNS Station 9 (Green and Red Challenges)</u> Cool Down – Coordination: Ball Skills	<u>Funs 8 (Green and Red Challenges)</u> Skill – Coordination: Sending and Receiving <u>FUNS Station 7 Green and Red Challenges)</u> Cool Down – Counter Balance: With a Partner		<u>Funs 12 (Green and Red Challenges)</u> Skill - Agility: Reaction/Response <u>Funs 3 (Green and Red Challenges)</u> Cool Down – Static Balance: Floor Work		<u>Funs 6 (Yellow and Green Challenges)</u> Skill - Dynamic Balance and Agility: Jumping and Landing <u>Funs 2 (Yellow and Green Challenges)</u> Cool Down – Static Balance: Seated	<u>Funs 10 (Yellow and Green Challenges)</u> Skill - Coordination: Footwork <u>Funs 1 (Yellow and Green Challenges)</u> Cool Down – Static Balance: One Leg		<u>Funs 11 (Yellow and Green Challenges)</u> Physical Focus Agility Ball Chasing <u>Funs 4 (Yellow and Green Challenges)</u> Cool Down – Static Balance: Stance

Year 5	Cognitive Cog	Creative Cog	Physical Cog		Social Cog	Personal Cog	Health and Fitness	
	<u>Funs 5 (Red and Blue Challenges)</u> Physical Focus Dynamic Balance On a Line <u>Funs 5 (Red and Blue Challenges)</u> Agility: Reaction/Response	<u>Funs 8 (Red and Blue Challenges)</u> Physical Focus Coordination Sending and Receiving <u>Funs 5 (Red and Blue Challenges)</u> Static Balance: Floor Work	<u>Funs 12 (Red and Blue Challenges)</u> Physical Focus Agility Reaction/Response <u>Funs 5 (Red and Blue Challenges)</u> Dynamic Balance to Agility: Jumping and Landing	Gymnastics	<u>Funs 6 (Red and Blue Challenges)</u> Physical Focus Dynamic Balance and Agility Jumping and Landing <u>Funs 5 (Red and Blue Challenges)</u> Counter Balance: With a Partner	<u>Funs 10 (Red and Blue Challenges)</u> Physical Focus Coordination Footwork <u>Funs 5 (Red and Blue Challenges)</u> Coordination: Sending and Receiving	<u>Funs 11 ((Red and Blue Challenges)</u> Physical Focus Agility Ball Chasing <u>Funs 5 (Red and Blue Challenges)</u> Coordination: Footwork	Dance

Year 6	Cognitive Cog	Creative Cog	Gymnastics	Physical Cog	Social Cog	Personal Cog	Swimming	Health and Fitness	Dance
	<u>Funs 5 (Red and Blue Challenges)</u> Physical Focus Dynamic Balance On a Line <u>Funs 5 (Red and Blue Challenges)</u> Agility: Reaction/Response	<u>Funs 8 (Red and Blue Challenges)</u> Physical Focus Coordination Sending and Receiving <u>Funs 5 (Red and Blue Challenges)</u> Static Balance: Floor Work		<u>Funs 12 (Red and Blue Challenges)</u> Physical Focus Agility Reaction/Response <u>Funs 5 (Red and Blue Challenges)</u> Dynamic Balance to Agility: Jumping and Landing		<u>Funs 6 (Red and Blue Challenges)</u> Physical Focus Dynamic Balance and Agility Jumping and Landing <u>Funs 5 (Red and Blue Challenges)</u> Counter Balance: With a Partner		<u>Funs 10 (Red and Blue Challenges)</u> Physical Focus Coordination Footwork <u>Funs 5 (Red and Blue Challenges)</u> Coordination: Sending and Receiving	