

Taken from Real PE- The **Green** and **Yellow** highlighted physical skills link to the difficulty of the skill (see FUNS card folder and CD)

PE Long Term Grid Year 1		
Autumn Term	Spring Term	Summer Term
WEEKS 1-3		
<p>Physical- FUNS 10</p> <p>I can side step in both directions. I can hop on either leg. I can gallop with either leg. I can skip. I can combine side steps and reverse pivots. I can combine side steps with front pivots.</p> <p>Personal</p> <p>I can try several times if at first I don't succeed and I can ask for help where appropriate (level 2) I can follow instructions, practice safely and work on simple tasks by myself (level 1)</p>	<p>Physical FUNS 5</p> <p>I can walk forwards and backwards with fluidity and minimum wobble. I can walk forwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg. I can walk backwards, lifting my knees up to a 90 degree angle and moving opposite arm and leg.</p> <p>Cognitive</p> <p>I can being to order instructions (level 2) I can name some things I am good at (Level 1) I can understand and follow simple rules (level 1)</p>	<p>Physical- FUNS 8</p> <p>I can throw or roll a ball at a wall and receive or catch with two hands. I can roll a small ball 5 meters away from the wall and receive it.</p> <p>I can catch a tennis ball with the same hand off one bounce 3-5 meters away from a wall. As above without a bounce. As above but catch with opposite hand.</p> <p>Applying Physical skills</p> <p>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (level 2). I can perform a single skill or movement some control. I can perform a small range of skills and link two movements together (level 1)</p>
WEEKS 4-6		
<p>Physical- FUNS 1</p> <p>I can balance on either leg for 10 seconds. I can balance on either leg for 30 seconds. I can do 5 mini squats on either leg.</p> <p>Personal</p> <p>I can try several times if at first I don't succeed and I can ask for help where appropriate (level 2) I can follow instructions, practice safely and work on</p>	<p>Physical- FUNS 4</p> <p>I can stand on a line with both feet facing forwards, lift my heels up and hold for 10 seconds. I can stand on a low beam with 2 feet facing forwards and hold for 10 seconds.</p> <p>Cognitive</p> <p>I can being to order instructions (level 2)</p>	<p>Physical- FUNS 12</p> <p>I can react and catch a ball after 2 bounces from 1, 2 and 3 meters. sit holding hands with my</p> <p>I can react and catch a tennis after 1 bounce from 1 and 2 meters.</p> <p>Applying Physical skills.</p>

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<p>simple tasks by myself (level 1)</p>	<p>I can name some things I am good at (Level 1) I can understand and follow simple rules (level 1)</p>	<p>I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed (level 2). I can perform a single skill or movement some control. I can perform a small range of skills and link two movements together (level 1)</p>
<p>WEEKS 7-9</p>		
<p>Physical- FUNS 6</p> <p>I can jump 2-2 jumps forwards, backwards and side to side in a rhythm I can jump 2 feet to 2 feet with a quarter turn in all directions. I can jump 2 feet to 1 foot and freeze on landing.</p> <p>Social</p> <p>I can help praise and encourage others in their learning (Level 2) I can work sensibly with others, taking turns and sharing (Level 1)</p>	<p>Physical- FUNS 9</p> <p>I can roll the ball along the floor around a seated (or standing) body with 2 hands. I can roll the ball along the floor around a seated (or standing) body with 1 hand.</p> <p>I can roll a ball up and round my body standing or sitting with 1 hand in contact. I can transfer the ball from one hand to the other where appropriate.</p> <p>Creative</p> <p>I can begin to compare my movement and skills with those of others. I can select and link movements together to fit a theme (Level 2) I can explore and describe different movements (level 1)</p>	<p>Physical- FUNS 11</p> <p>I can roll a ball (self-feed) chase it and collect it in a balance position facing the opposite direction. I can do the above with my partner rolling the ball.</p> <p>I can do the above from a seated or lying position. I can do the above with a bouncing feed (self-feed). I can do the above with my partner rolling the ball.</p> <p>Health and Fitness</p> <p>I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely (level 2). I am aware of why exercise is important and good for my health (level 1).</p>
<p>WEEKS 10-12</p>		
<p>Physical- FUNS 2</p> <p>I can balance with no hands or feet down. I can balance with 1 foot or 1 hand down. I can pick up a beanbag on one side, swap hands and pass to the other side.</p> <p>Social</p> <p>I can help praise and encourage others in their learning (Level 2)</p>	<p>Physical- FUNS 7</p> <p>I can sit holding hands with my partner and lean apart and together, 2 hands and 1 hand. I can rock forwards, backwards, side to side with my partner.</p> <p>I can stand holding my partner with two hands (hold wrists), then one hand and lean back with a long base for my feet.</p>	<p>Physical- FUNS 3</p> <p>I can hold a front support position on my knees and point to the ceiling with either hand.</p> <p>I can hold a front support position and place a cone on my back with one hand and take off with the other. I can do the above with back support (knees bent).</p> <p>Health and Fitness</p> <p>I can say how my body feels before, during and after</p>

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<p>I can work sensibly with others, taking turns and sharing (Level 1)</p>	<p>Creative I can begin to compare my movement and skills with those of others. I can select and link movements together to fit a theme (Level 2) I can explore and describe different movements (level 1)</p>	<p>exercise. I use equipment appropriately and move and land safely (level 2). I am aware of why exercise is important and good for my health (level 1)</p>
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