



## St Newlyn East Learning Academy Physical Education - Sequence Overview KS1

| Year     | Term         | SNELA Gymnast                 | SNELA Dancer | SNELA Fundamentals                  | SNELA Games players                                  | SNELA Ball skills                        | SNELA Outdoor Adventurer | SNELA Swimmer |
|----------|--------------|-------------------------------|--------------|-------------------------------------|--|--|--------------------------|---------------|
| <b>1</b> | <b>AUT 1</b> | Static balance<br>(1 leg)     |              | Co-ordination<br>(footwork)         |  |  |                          |               |
|          | <b>AUT 2</b> |                               |              | Static balance<br>(seated)          | Dynamic balance to agility.<br>(Jumping and landing) |  |                          |               |
|          | <b>SPR 1</b> | Static balance<br>(stance)    |              | Dynamic balance<br>(on a line)      |  |  |                          |               |
|          | <b>SPR 2</b> |                               |              | Counter-balance<br>(With a partner) |  | Co-ordination<br>(Ball skills)           |                          |               |
|          | <b>SUM 1</b> |                               |              |                                     | Agility<br>(rection and response)                    | (co-ordination)<br>Sending and receiving |                          |               |
|          | <b>SUM 2</b> | Static balance<br>(floorwork) |              |                                     |  | Agility<br>(ball chasing)                |                          |               |

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| Year     | Term         | SNELA Gymnast                                      | SNELA Dancer | SNELA Invasion Player   | SNELA Athlete                                    | SNELA Sending and receiving | SNELA Outdoor Adventurer              | SNELA Swimmer         |
|----------|--------------|--|--------------|-------------------------|--|-----------------------------|---------------------------------------|-----------------------|
| <b>2</b> | <b>AUT 1</b> | Co-ordination (footwork)<br>Static balance (1 leg) |              |                         | Agility (reaction and response)                  |                             |                                       |                       |
|          | <b>AUT 2</b> |  |              | Static balance (seated) | Dynamic balance to agility (jumping and landing) |                             |                                       |                       |
|          | <b>SPR 1</b> |  |              | Static balance (stance) | Dynamic balance (on a line)                      |                             |                                       |                       |
|          | <b>SPR 2</b> | Counter balance (With a partner)                   |              |                         |  | Co-ordination (ball skills) |                                       |                       |
|          | <b>SUM 1</b> |  |              |                         | Agility (reaction and response)                  |                             | Co-ordination (sending and receiving) |                       |
|          | <b>SUM 2</b> | Static balance (floorwork)                         |              |                         |  |                             | Agility (ball chasing)                | <b>Swimming block</b> |

## St Newlyn East Learning Academy Physical Education - Sequence Overview Key Stage 2

| Year     | Term         | SNELA Gymnast  | SNELA Dancer | SNELA Invasion Player  | SNELA Athlete                            | SNELA Striker and Fielder  | SNELA Net / Target Player  | SNELA Outdoor Adventurer   | SNELA Swimmer | SNE Pupil (personal development/ Playtimes)  | After School Clubs/Comp Calendar   |
|----------|--------------|--|--------------|--|--|--|--|--|---------------|--|--|
| <b>3</b> | <b>AUT 1</b> | Mirror Challenge (unit 1)<br><br>Balloon challenge (unit 1)<br><br><i>Use of gym equipment</i> |              | Follow the leader stepping-stones. (unit 2)<br><i>Moving toward a target area.</i><br><br>Exchange objects in 4s (unit 2)<br><i>passing basics – bball/nball</i> |  |  |  | September camp – 1-night camping on school grounds – intro to fire-lighting/den-building |               |  | <i>Go active: Alternative sports such as archery, segway, fencing. North Star pupil invite only. *</i> |
|          | <b>AUT 2</b> |  |              |  |  |  |  | Photo orienteering   |               |  |  |
|          | <b>SPR 1</b> | With a partner: counter balance (unit 4)   |              |  |  | Removal team (unit 4)<br><i>Fielding basics: ball rolling, stopping and catching</i> |  |  |               |  | Termly House competitions throughout year  |
|          | <b>SPR 2</b> |  |              | Football?:<br><i>Dribbling basics (close ball control and spatial awareness)</i>   |  |  |  |  |               | Healthy me                                   |  |
|          | <b>SUM 1</b> | Mirror challenge (unit 6)<br><br>Balance transfer (unit 6)                                     |              |  | Year 3/4 sports day practice @ lunchtime |  | Copy your partner (unit 5)<br><i>tennis basics: beating a bounce</i> | Camp – Tomperrow – 1-night   |               | Relationships (positive mental health focus) |  |

|       |  |  |  |            |  |  |  |  |                   |  |
|-------|--|--|--|------------|--|--|--|--|-------------------|--|
| SUM 2 |  |  |  | Sports day | Basics of Cricket/Rounders (unit 6)<br><i>Striking off a stand</i> |  |  | Year 3 swimming lessons<br><br>(Beach safety – RNLI) | RSE – changing me |  |
|-------|--|--|--|------------|--|--|--|--|-------------------|--|

## St Newlyn East Learning Academy Physical Education - Sequence Overview Key Stage 2

| Year     | Term         | SNELA Gymnast   | SNELA Dancer | SNELA Invasion Player  | SNELA Athlete                            | SNELA Striker and Fielder   | SNELA Net / Target Player                                     | SNELA Outdoor Adventurer   | SNELA Swimmer | SNE Pupil (personal development/ Playtimes)     | After School club/Comp calendar   |
|----------|--------------|---|--------------|--|--|---|---|--|---------------|---|---|
| <b>4</b> | <b>AUT 1</b> | Select footwork patterns.<br>(unit 1)<br><br>Pick-up put-down<br>(unit 1)   |              |  |  |   |   | September team-building camping on school field – 1 night.                                 |               |   | Go active:<br>Alternative sports such as archery, segway, fencing.<br>North Star pupil invite only. * |
|          | <b>AUT 2</b> |   |              | Jump and land<br>(unit 2)<br><i>Nball/Bball/Endball</i>                    |  |   |   |  |               |   |   |
|          | <b>SPR 1</b> | Dynamic balance on a line – unit 3 (FUN)<br><br><i>Use of gym equipment</i> |              | Take Giant Strides (Rugby adaptation)<br><br><i>Ball skills – carrying</i> |  |   |   | Compass orienteering – school field  |               |   | Termly House competitions throughout year   |
|          | <b>SPR 2</b> | Supporting weight<br>(unit 4)   |              |  |  | Send and receive circuits.<br>(unit 4)<br><i>Build on from year 3 cricket</i> |   |  |               | Healthy me                                      |   |
|          | <b>SUM 1</b> | Front Hockey<br>(unit 5)  |              |  | Year 3/4 sports day practice @ lunchtime |   | Adapt and respond<br>(unit 5)<br><i>tennis/badminton link</i> | Outdoor survival unit – 4 weeks: bushcraft (shelter construction, firelighting + foraging) |               | Relationships (focus on positive mental health) |   |

|       |  |  |   |            |  |  |  |  |             |  |
|-------|--|--|---|------------|--|--|--|--|-------------|--|
| SUM 2 |  |  | Keep away v Intercept<br>(Unit 6)<br><i>Invasion game of choice – possession focus building on Y3</i> | Sports Day | Ball chasing – Tunnels<br>(unit 6)<br><i>Cricket/Rounders adaptation</i> |  | Year 4 Camp –<br>Porthpean: 2-night stay | Year 4 swimming<br>(RNLI Beach safety focus) | Changing me |  |
|-------|--|--|---|------------|--|--|--|--|-------------|--|

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|----------|-------|--------------------------------------|--------------|--|--|---------------------------|-------------------------------|--|---------------|---|--|
| <b>5</b> | AUT 1 |                                      |              | Tag Rugby<br>(Team teach with Cornish pirates) |  |                           | Throw tennis<br>(unit 1)      | September team-building camping on school field – 1 night. |               |   | Taekwondo after school club.<br><i>North Star children invite.</i> |
|          | AUT 2 | River Crossing<br>(unit 2)           |              | Kabadi<br>(unit 2)                             |  |                           |                               |  |               |   | Polytunnel environmental club.                                     |
|          | SPR 1 |                                      |              | Beanbag Raid<br>(unit 3)                       |  | Dodgeball<br>(unit 3)     |                               |  |               |   | Termly House competitions throughout year                          |
|          | SPR 2 |                                      |              | Scorpion handball<br>(unit 4)                  |  |                           | Seated volleyball<br>(unit 4) |  |               | Relationships (focus on positive mental health) |  |
|          | SUM 1 | Jump, rotate and balance<br>(unit 5) |              | Jumpball<br>(unit 5)                           | Year 5/6 sports day practice @ lunchtime |                           |                               |  |               | Healthy me                                      |  |

|       |  |  |  |  |                      |  |   |   |             |  |
|-------|--|--|--|--|----------------------|--|---|---|-------------|--|
| SUM 2 |  |  |  |  | Scatterball (unit 6) |  | Pill Farm – 3 night camp<br>Geog linked mapwork<br>Firelighting/<br>shelterbuilding | Year 5 swimming (RNLI Beach safety focus) | Changing me |  |
|-------|--|--|--|--|----------------------|--|---|---|-------------|--|

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|----------|-------|-------------------------------------|--------------|---|--|---------------------------|----------------------------|---------------------------------------|-----------------|--|---|
| <b>6</b> | AUT 1 |                                     |              | Kabadi/Tag Rugby (unit 2)<br>Team teach with Cornish pirates. |  |                           | Throw tennis (unit 1)      |                                       | Year 6 swimming |  | Taekwondo after school club.<br>North Star children invite. |
|          | AUT 2 | River Crossing (unit 2)             |              | Endball/Bball/Nball (unit 1)                                  |  |                           |                            | Climbing wall experience              |                 |  | Bikeability<br>Polytunnel crew                              |
|          | SPR 1 |                                     |              | Beanbag Raid/Football (unit 3)                                |  | Dodgeball (unit 3)        |                            |                                       |                 |  | Termly House competitions throughout year                   |
|          | SPR 2 |                                     |              |   |  |                           | Seated volleyball (unit 4) |                                       |                 | Healthy me                                   |   |
|          | SUM 1 | Jump, Rotate and Balance . (unit 5) |              | Jumpball (unit 5)   | Year 5/6 sports day practice @ lunchtime |                           |                            | Beach clean/orienteering with compass |                 | Relationships (positive mental health focus) |   |

|  |              |  |  |  |  |                                 |  |  |   |   |                      |
|--|--------------|--|--|--|--|---------------------------------|--|--|---|---|----------------------|
|  | <b>SUM 2</b> |  |  |  |  | Cricket adaptations<br>(unit 6) |  |  | Surfing experience (x3<br>lessons + Beach<br>safety/rip currents) | RSE – changing me<br>London residential | Sports Leader focus? |
|--|--------------|--|--|--|--|---------------------------------|--|--|---|---|----------------------|





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|----------|-------|---|----------------------------------|--|---------------|---|---------------------------------------|--------------------------|---------------|---|
| <b>3</b> | AUT 1 | Co-ordination<br><i>(footwork)</i><br><b>Flight</b><br>Static Balance<br><i>(one leg)</i><br><b>Shape</b> |                                  | Dynamic balance to agility<br><i>(jumping and landing)</i><br>Dynamic balance<br><i>(on a line)</i><br>Co-ordination<br><i>(ball skills)</i> |               |   |                                       |                          |               |   |
|          | AUT 2 |   | <b>See dance skill breakdown</b> |  |               |   |                                       |                          |               |   |
|          | SPR 1 | Counter balance<br><i>(with a partner)</i><br><b>Balance</b>  |                                  |  |               | Co-ordination<br><i>(sending and receiving)</i> |                                       |                          |               |   |
|          | SPR 2 |   |                                  | Co-ordination<br><i>(footwork)</i>   |               |   |                                       |                          |               |   |
|          | SUM 1 | Static balance<br><i>(stance)</i><br><b>Travel</b><br><b>Rotation</b>                                     |                                  |  |               |   | Agility<br><i>(reaction/response)</i> |                          |               |   |
|          | SUM 2 |   |                                  |  |               | Agility<br><i>(ball chasing)</i>                |                                       |                          |               |   |

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|----------|--------------|--|----------------------------------|--|---------------|---|---------------------------------------|--------------------------|---------------|---|
| <b>4</b> | <b>AUT 1</b> | Co-ordination<br><i>(footwork)</i><br><b>Flight</b><br><br>Static Balance<br><i>(one leg)</i><br><b>Rotation</b> | <b>See Dance skill breakdown</b> |  |               |   |                                       |                          |               |   |
|          | <b>AUT 2</b> |  |                                  | Dynamic balance to agility<br><i>(jumping and landing)</i> |               |   |                                       |                          |               |   |
|          | <b>SPR 1</b> | Dynamic balance<br><i>(on a line)</i><br><b>Travel</b>   |                                  |  |               |   |                                       |                          |               |   |
|          | <b>SPR 2</b> | Counter balance<br><i>(with a partner)</i><br><b>Balance</b>   |                                  |  |               | Co-ordination<br><i>(Sending and receiving)</i> |                                       |                          |               |   |
|          | <b>SUM 1</b> | Static balance<br><i>(floor work)</i><br><b>Shape</b>  |                                  |  |               |   | Agility<br><i>(Reaction/Response)</i> |                          |               |   |
|          | <b>SUM 2</b> |  |                                  | Static balance<br><i>(Stance)</i>                          |               | Agility<br><i>(Ball chasing)</i>                |                                       |                          |               |   |

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|----------|--------------|--|----------------------------------|--|---------------|---|---------------------------------------|--------------------------|---------------|---|
| <b>5</b> | <b>AUT 1</b> |  |                                  | Co-ordination<br><i>(ball skills)</i>  |               |   | Agility<br><i>(reaction/response)</i> |                          |               |   |
|          | <b>AUT 2</b> | Dynamic balance<br><i>(on a line)</i><br><br>Counter balance<br><i>(with a partner)</i>              |                                  | Agility<br><i>(chasing)</i>  |               |   |                                       |                          |               |   |
|          | <b>SPR 1</b> |  | <b>See Dance skill breakdown</b> | Co-ordination<br><i>(footwork)</i><br><br>Static balance<br><i>(Stance)</i>                          |               | Co-ordination<br><i>(footwork)</i><br><br>Static balance<br><i>(Stance)</i>             |                                       |                          |               |   |
|          | <b>SPR 2</b> |  |                                  | Static balance<br><i>(floorwork)</i>   |               |   | Static balance<br><i>(Seated)</i>     |                          |               |   |
|          | <b>SUM 1</b> | Static balance<br><i>(one leg)</i><br><br>Dynamic balance to agility<br><i>(jumping and landing)</i> |                                  | Static balance<br><i>(one leg)</i><br><br>Dynamic balance to agility<br><i>(jumping and landing)</i> |               |   |                                       |                          |               |   |
|          | <b>SUM 2</b> |  |                                  |  |               | Co-ordination<br><i>(sending and receiving)</i><br><br>Agility<br><i>(ball chasing)</i> |                                       |                          |               |   |

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|----------|--------------|---|--------------------------------------|---|---------------|---|---|--------------------------|---------------|---|
| <b>6</b> | <b>AUT 1</b> |   |                                      | Co-ordination<br><i>(ball skills)</i>   |               |   | Agility<br><i>(reaction/response)</i>   |                          |               |   |
|          | <b>AUT 2</b> | Dynamic balance<br><i>(on a line)</i><br><br>Counter balance<br><i>(with a partner)</i>                 |                                      | Agility<br><i>(ball chasing)</i>  |               |   |   |                          |               |   |
|          | <b>SPR 1</b> |   |                                      | Co-ordination<br><i>(footwork)</i><br><br>Static balance<br><i>(Stance)</i>                             |               | Co-ordination<br><i>(footwork)</i><br><br>Static balance<br><i>(Stance)</i> |   |                          |               |   |
|          | <b>SPR 2</b> |   |                                      | Static balance<br><i>(floorwork)</i>  |               |   | Static balance<br><i>(Seated)</i>   |                          |               |   |
|          | <b>SUM 1</b> | Static balance<br><i>(one leg)</i><br><br>Dynamic balance to<br>agility<br><i>(jumping and landing)</i> |                                      | Static balance<br><i>(one leg)</i><br><br>Dynamic balance to<br>agility<br><i>(jumping and landing)</i> |               |   |   |                          |               |   |
|          | <b>SUM 2</b> |   | <b>See Dance skill<br/>breakdown</b> |   |               |   | Co-ordination<br><i>(sending and receiving)</i><br><br>Agility<br><i>(ball chasing)</i> |                          |               |   |