

# Learning Journey

## Physical Education



**Real P.E.**  
 Agility: Ball Chasing  
 Static Balance: Floor Work  
**Cosmic Yoga** – Food themed Yoga  
**BBC Dance** – Body & Rhythm  
**Practise for Sports Day**



**Real P.E.**  
 Coordination: Ball Skills  
 Counter Balance: With a Partner  
**Cosmic Yoga** – Minecraft Yoga  
**BBC Dance** – Environments (Rainforest, Sea, City & Woods)

**Real P.E.**  
 Dynamic Balance on a line.  
 Static Balance stance.  
 Large apparatus practising landing (T2) and balancing (T3)

**Real P.E.**  
 Dynamic Balance to Agility:  
 Static Balance: Seated .  
 Large apparatus practising landing (T2) and balancing (T3)

**Real P.E.**  
 Coordination: Sending and Receiving  
 Agility: Reaction/Response  
**Cosmic Yoga** – Space Heroes  
**BBC Dance** – Space (x2 sessions)

**T4 Explorers**

**T3 Around the World in 28 days**

**T2 Victorian Bristol**

**Real P.E.**  
 Coordination: Sending and Receiving  
 Agility: Reaction/Response  
**BBC Dance** – Time to Move – Spring Plants and Goldilocks.

**Real P.E.**  
 Agility: Ball Chasing .  
 Static Balance: Floor Work .  
**BBC dance** – Knights, castles and dragons.  
**Sports day practise** .

**Real P.E.**  
 Coordination—Footwork.  
 Static Balance:. 1 leg.  
**Cosmic Yoga** – Popcorn the Dolphin. **BBC Dance** – Snail & the Whale (x3 lessons)

**T1 Animals in the Wild**



**T5 Going Green**

**T6 Castles and Dragons**

**Real P.E.**  
 Coordination: Ball Skills  
 Counter Balance: With a Partner  
**BBC dance** – Let's Move. Egg stravaganza!  
**Yoga** – Traditional stories - LRRH and

**T4 Old Toys**

**Real P.E.**  
 Dynamic Balance on a line.  
 Static Balance stance.  
**BBC dance** –Let's move - Pirates. Using skills on large apparatus.

**Real P.E**  
 Dynamic Balance to Agility:  
 Static Balance: Seated .  
**BBC dance** – lets move - Autumn. Using skills on large apparatus.

**Real P.E**  
 Coordination—Footwork.  
 Static Balance: One Leg  
**BBC Dance** – Lets Move – Life in the City. **Yoga** – Floss Fairy.

**T3 Pirates!**

**T2 Enchanted Woodland**

**T1 Me, + my community**

**Real P.E**  
 Coordination: Ball Skills '  
 Counter Balance: With a Partner .  
 Using skills on large apparatus.

**Real P.E**  
 Coordination: Sending and Receiving .  
 Agility: Reaction/Response .  
 Cosmic Yoga – All about Bugs.

**Real P.E**  
 Agility: Ball Chasing  
 Static Balance: Floor Work  
 Sports Day preparation.



**T4 People who help us**

**T5 Minibeasts**

**T6 Wonderful Water**

**T3 Food Glorious Food**

**T2 Once Upon a Time**

**T1 Me, myself and I**

**Real P.E**  
 Dynamic Balance on a line.  
 Static Balance stance.  
 Using skills on large apparatus.

**Real P.E**  
 Dynamic Balance to Agility:  
 Static Balance: Seated .  
 Dance for Nativity.

**Real P.E**  
 Coordination—Footwork.  
 Static Balance: One Leg .  
 Getting Changed.

