

West Green PE Overview

Real PE Focus. Key vocabulary.

Real PE Learning Behaviour Cog:	Autumn 1 Personal	Autumn 2 Social	Spring 1 Cognitive	Spring 2 Creative	Summer 1 Physical Sports Day Preparation	Summer 2 Health and Fitness
Reception	Follow Instructions Listen Watch	Play With Others Share Listen Take turns	Follow Rules Listen Take Turns Go Stop	Observe and Copy Forwards Backwards	Move in different ways Hop Skip Jump	Exercise and good health Body Muscles Food
Year 1	Stay on Task Focus Try	Understand Others Imagine Help	Observe and describe React Watch	Explore and describe Turn Full turn Half turn Pattern	Control Movement Fast Slow Repeat	Exercise and the body Exercise Heart Lungs Diet
Year 2	Keep Trying Determined	Help and encourage Positive Support	Understand performance Audience Perform Beginning Ending	Link movements Speed Opposite Change	Sequence Movements and skills Floor work Bench Order	Practise safely Focus Improve Feedback
Year 3	Know where I am in my learning Progress Persevere	Share ideas Discuss Empathise Compromise	Recognise Success Pride Success Practise	Respond differently Alternate Increase Decrease	Perform and repeat Routine Change Smooth	Know how and why the body changes Heart rate Pulse
Year 4						
Year 5	React positively to challenge Resilience Persist	Provide helpful feedback Point of view Next steps Maintain Alter	Judge performance Development Improvement Ability	Express ideas Participate Contribute Debate	Combining skills in specific contexts Sequence Stability Control	Describe basic fitness components
Year 6	Consistently trying to improve Ownership Personal Best Optimum	Organise and guide others Adapt Manipulate Leadership	Make good decisions Independence	Adapt/change activities Alternate		