

Exposure to Dance, gym, invasion games, striking and fielding, net wall and athletics.

**EYFS** 

LEAP: Hand eye coordination

LEAP: Functional movement

KS1

In year 1 and 2: Children will develop cognitive, creative, health and fitness, physical, social and personal attributes through REAL Children will develop cognitive, creative, health and fitness, physical, social and personal attributes through REAL PE. Children will develop a range of skills. They will develop stamina and strength . They will develop physical and mental co-ordination. Children will learn how to cooperate with each other.

Develop the overall body strength, coordination and balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance gymnastics sport and swimming Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping skipping climbing.

Progress towards a more fluent style of moving, with developing control and grace.