

PE

Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Real PE Foundations: Week 1-3: Pirates Week 3-6: Jungle</p> <p>Fundamental Skills (Static Balance: One Leg & Static Balance: Seated)</p>	<p>Real PE Foundations: Week 1-3: Tightrope Week 3-6: Cat</p> <p>Fundamental Skills (Static Balance: Stance & Static Balance: Floor Work)</p>	<p>Real PE Foundations: Week 1-3: Train Week 3-6: Space</p> <p>Fundamental Skills (Dynamic Balance: On a Line & Dynamic Balance to Agility: Jumping and Landing)</p>	<p>Real PE Foundations: Week 1-3: Juggler Week 3-6: Seaside</p> <p>Fundamental Skills (Coordination: Sending and Receiving & Counter Balance: With a Partner)</p>	<p>Real PE Foundations: Week 1-3: Bike Week 3-6: Clown</p> <p>Fundamental Skills (Coordination: Footwork & Coordination: Ball Skills)</p>	<p>Real PE Foundations: Week 1-3: Fairy Tale Week 3-6: Squirrel</p> <p>Fundamental Skills (Agility: Reaction/Response & Agility: Ball Chasing)</p>
Reception	<p>Real PE Foundations: Week 1-3: Pirates Week 3-6: Jungle</p> <p>Fundamental Skills (Static Balance: One Leg, Static Balance: Seated)</p>	<p>Real PE Foundations: Week 1-3: Tightrope Week 3-6: Cat</p> <p>Fundamental Skills (Static Balance: Stance, Static Balance: Floor Work)</p>	<p>Real PE Foundations: Week 1-3: Train Week 3-6: Space</p> <p>Fundamental Skills (Dynamic Balance: On a Line, Dynamic Balance to Agility: Jumping and Landing)</p>	<p>Foundation Real PE: Unit 4: Creative</p> <p>Fundamental Skills (Coordination: Ball Skills & Counter Balance: With a Partner)</p>	<p>Foundation Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Coordination: Sending and Receiving & Agility: Reaction/Response)</p>	<p>Foundation Real PE: Unit 6: Health and Fitness</p> <p>Fundamental Skills (Agility: Ball Chasing & Static Balance: Floor Work)</p>
Year 1	<p>Year 1 Real PE: Unit 1: Personal</p> <p>Fundamental Skills (Coordination: Footwork & Static Balance: One Leg)</p>	<p>Year 1 Real PE: Unit 2: Social</p> <p>Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: Seated)</p>	<p>Year 1 Real Dance: Unit 1: Cognitive</p> <p>Skills: Shape Solo, Artistry Musicality, Partnering Shapes Circles Solo, Artistry Abstraction, Artistry (Making)</p>	<p>Year 1 Real Gym: Unit 1: Creative</p> <p>Skills: Shape, Travel</p>	<p>Year 1 Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Coordination: Sending and Receiving & Agility: Reaction/Response)</p>	<p>Year 1 Real PE: Unit 6: Health and Fitness</p> <p>Fundamental Skills (Agility: Ball Chasing & Static Balance: Floor Work)</p>

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<p>Year 2</p>	<p>Year 2 Real PE: Unit 1: Personal</p> <p>Fundamental Skills (Coordination: Footwork & Static Balance: One Leg)</p>	<p>Year 2 Real PE: Unit 2: Social</p> <p>Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: Seated)</p>	<p>Year 2 Real Dance: Unit 1: Cognitive</p> <p>Skills: Shapes Solo, Partnering Shapes, Circles Solo, Partnering Circles, Artistry Abstraction, Artistry (Making)</p>	<p>Year 2 Real Gym: Unit 1: Creative</p> <p>Skills: Balance, Travel</p>	<p>Year 2 Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Coordination: Sending and Receiving & Agility: Reaction/Response)</p>	<p>Year 2 Real PE: Unit 6: Health and Fitness</p> <p>Fundamental Skills (Agility: Ball Chasing & Static Balance: Floor Work)</p>
<p>Year 3</p>	<p>Year 2 Real PE: Unit 1: Personal</p> <p>Fundamental Skills (Coordination: Footwork & Static Balance: One Leg)</p>	<p>Year 2 Real PE: Unit 2: Social</p> <p>Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: Seated)</p>	<p>Year 3 Real Dance: Unit 1: Cognitive</p> <p>Skills: Shapes Solo, Circles Solo, Partnering Shapes, Partnering Circles, Artistry Abstraction, Artistry (Making)</p>	<p>Year 3 Real PE: Unit 6: Health and Fitness</p> <p>Fundamental Skills (Agility: Ball Chasing & Static Balance: Stance)</p> <p>Rugby</p>	<p>Year 3 Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Agility: Reaction/Response & Static Balance: Floor Work)</p>	<p>Year 3 Real Gym: Unit 1: Travel, Rotation</p>
<p>Year 4</p>	<p>Year 4 Real PE: Unit 1: Personal</p> <p>Fundamental Skills (Coordination: Footwork & Static Balance: One Leg)</p>	<p>Year 4 Real PE: Unit 2: Social</p> <p>Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: Seated)</p>	<p>Year 4 Real Dance: Unit 1: Cognitive</p> <p>Skills: Shapes Solo, Circles Solo, Partnering Shapes, Partnering Lifts, Partnering Circles, Artistry (Making)</p> <p>Swimming</p>	<p>Year 4 Real PE: Unit 6: Health and Fitness</p> <p>Rugby</p> <p>Swimming</p>	<p>Year 4 Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Agility: Reaction/Response & Static Balance: Floor Work)</p>	<p>Year 4 Real Gym: Unit 1: Balance, Rotation</p> <p>Fundamental Skills (Agility: Ball Chasing & Static Balance: Stance)</p>

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Year 5	<p>Year 5/6 Real PE: Unit 1: Personal</p> <p>Fundamental Skills (Coordination: Ball Skills & Agility: Reaction/Response)</p>	<p>Year 5/6 Real PE: Unit 2: Social</p> <p>Fundamental Skills (Dynamic Balance: On a Line & Counter Balance: With a Partner)</p>	<p>Year 5/6 Real Dance: Unit 1: Cognitive</p> <p>Skills: Shapes Solo, Circles Solo, Artistry Abstraction, Artistry Musicality, Partnering Lifts, Artistry (Making)</p> <p>Year 5 – Swimming</p>	<p>Year 5/6 Real Gym: Unit 1: Hand Apparatus, Low Apparatus</p> <p>Year 5 – Swimming</p>	<p>Year 5/6 Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: One Leg)</p> <p>Year 6 - Swimming</p>	<p>Year 5/6 Real PE: Unit 6: Health and Fitness</p> <p>Fundamental Skills (Coordination: Sending and Receiving & Agility: Ball Chasing</p> <p>Year 6 - Swimming</p>
Year 6	<p>Year 5/6 Real PE: Unit 1: Personal</p> <p>Fundamental Skills (Coordination: Ball Skills & Agility: Reaction/Response)</p>	<p>Year 5/6 Real PE: Unit 2: Social</p> <p>Fundamental Skills (Dynamic Balance: On a Line & Counter Balance: With a Partner)</p>	<p>Year 5/6 Real Dance: Unit 1: Cognitive</p> <p>Skills: Shapes Solo, Circles Solo, Artistry Abstraction, Artistry Musicality, Partnering Lifts, Artistry (Making)</p> <p>Year 5 – Swimming</p>	<p>Year 5/6 Real Gym: Unit 1: Hand Apparatus, Low Apparatus</p> <p>Year 5 – Swimming</p>	<p>Year 5/6 Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: One Leg)</p> <p>Year 6 - Swimming</p>	<p>Year 5/6 Real PE: Unit 6: Health and Fitness</p> <p>Fundamental Skills (Coordination: Sending and Receiving & Agility: Ball Chasing</p> <p>Year 6 - Swimming</p>
Buttercups	<p>Year 2 Real PE: Unit 1: Personal</p> <p>Fundamental Skills (Coordination: Footwork & Static Balance: One Leg)</p>	<p>Year 2 Real PE: Unit 2: Social</p> <p>Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: Seated)</p>	<p>Year 2 Real Dance: Unit 1: Cognitive</p> <p>Skills: Shapes Solo, Partnering Shapes, Circles Solo, Partnering Circles,</p>	<p>Year 2 Real Gym: Unit 1: Creative</p> <p>Skills: Balance, Travel</p>	<p>Year 2 Real PE: Unit 5: Physical</p> <p>Fundamental Skills (Coordination: Sending and Receiving & Agility: Reaction/Response)</p>	<p>Year 2 Real PE: Unit 6: Health and Fitness</p> <p>Fundamental Skills (Agility: Ball Chasing & Static Balance: Floor Work)</p>

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			Artistry Abstraction, Artistry (Making)			
Giant Redwoods	Year 2 Real PE: Unit 1: Personal Fundamental Skills (Coordination: Footwork & Static Balance: One Leg)	Year 2 Real PE: Unit 2: Social Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: Seated)	Year 2 Real Dance: Unit 1: Cognitive Skills: Shapes Solo, Partnering Shapes, Circles Solo, Partnering Circles, Artistry Abstraction, Artistry (Making)	Year 2 Real Gym: Unit 1: Creative Skills: Balance, Travel	Year 2 Real PE: Unit 5: Physical Fundamental Skills (Coordination: Sending and Receiving & Agility: Reaction/Response) Year 6 - Swimming	Year 2 Real PE: Unit 6: Health and Fitness Fundamental Skills (Agility: Ball Chasing & Static Balance: Floor Work) Year 6 - Swimming