



Physical Education Long Term Plan 2019- 2020

Other ability focus Real PE

- Personal Social
- Cognitive Creative
- Physical Health & fitness

Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Indoor x 6 sessions	Val Sabin Gymnastics Unit 1 OR Real Gym Unit 1	Val Sabin Gymnastics Unit 2 OR Real Gym Unit 2	Val Sabin Gymnastics Unit 3	Val Sabin Gymnastics Unit 4	Val Sabin Dance Unit 1	Val Sabin Dance Unit 2
Reception Outdoor x 6 sessions	Val Sabin Games Unit 1	Val Sabin Games Unit 2	Val Sabin Games Unit 3	Val Sabin Games Unit 4	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2
Reception Alternative Outdoor x 6 sessions	Real PE Unit 1 -Coordination- floor movement patterns -Static balance- one leg standing	Real PE Unit 2 -Dynamic balance to agility -Static balance	Real PE Unit 3 -Dynamic balance -Static balance- small base	Real PE Unit 4 -Coordination- ball skills -Counter balance in pairs	Real PE Unit 5 -Coordination with equipment -Agility- reaction/ response	Real PE Unit 6 -Agility- Ball chasing -Static balance- floor work
Year 1 Indoor x 6 sessions	Val Sabin Gymnastics Unit 1 OR Real Gym Unit 1	Val Sabin Gymnastics Unit 2 OR Real Gym Unit 2	Val Sabin Gymnastics Unit 3	Val Sabin Gymnastics Unit 4	Val Sabin Dance Unit 1	Val Sabin Dance Unit 2
Year 1 Outdoor x 6 sessions	Val Sabin Games Unit 1	Val Sabin Games Unit 2	Val Sabin Games Unit 3	Val Sabin Games Unit 4	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2
Year 1 Alternative Outdoor x 6 sessions	Real PE Unit 1 -Coordination- floor movement patterns -Static balance- one leg standing	Real PE Unit 2 -Dynamic balance to agility -Static balance	Real PE Unit 3 -Dynamic balance -Static balance- small base	Real PE Unit 4 -Coordination- ball skills -Counter balance in pairs	Real PE Unit 5 -Coordination with equipment -Agility- reaction/ response	Real PE Unit 6 -Agility- Ball chasing -Static balance- floor work
Year 2 Indoor x 6 sessions	Val Sabin Gymnastics Unit 1 OR Real Gym Unit 1	Val Sabin Gymnastics Unit 2 OR Real Gym Unit 2	Val Sabin Gymnastics Unit 3	Val Sabin Gymnastics Unit 4	Val Sabin Dance Unit 1	Val Sabin Dance Unit 2
Year 2 Outdoor x 6 sessions	Val Sabin Games Unit 1	Val Sabin Games Unit 2	Val Sabin Games Unit 3	Val Sabin Games Unit 4	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2
Year 2 Alternative Outdoor x 6 sessions	Real PE Unit 1 -Coordination- floor movement patterns -Static balance- one leg standing	Real PE Unit 2 -Dynamic balance to agility -Static balance	Real PE Unit 3 -Dynamic balance -Static balance- small base	Real PE Unit 4 -Coordination- ball skills -Counter balance in pairs	Real PE Unit 5 -Coordination with equipment -Agility- reaction/ response	Real PE Unit 6 -Agility- Ball chasing -Static balance- floor work

Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 Indoor	Val Sabin Dance Unit 1	Real Gym Unit 1	Real Gym Unit 2	Val Sabin Dance Unit 2	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2
Year 3 Outdoor	Real PE (UNIT 1) -Cardio- coordination- floor movement patterns -Cool down- static balance- one leg standing OR Val Sabin Games UNIT 1	Real PE (UNIT 2) -Cardio- dynamic balance to agility -Cool down- static balance- seated OR Val Sabin Games Unit 2	Real PE (UNIT 3) -Cardio- dynamic balance -Cool down- coordination- ball skills OR Val Sabin Games Unit 3	Real PE (UNIT 4) -Cool down- coordination with equipment -Cool down- counter balance in pairs OR Val Sabin Games Unit 4	Real PE (UNIT 5) -Cardio- agility- reaction/ response -Cool down- static balance- floor work	Real PE (UNIT 6) -Cardio- agility- ball chasing -Cool down- static balance- small base
*Sport Focus	*Netball	*Football	* Tag rugby	*Seated volleyball	*Athletics	*Cricket
Year 4 Indoor	Val Sabin Dance Unit 1 Swimming	Real Gym Unit 1 Swimming	Real Gym Unit 2	Val Sabin Dance Unit 2	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2
Year 4 Outdoor	Real PE (UNIT 1) -Cardio- coordination- floor movement patterns -Cool down- static balance- one leg standing OR Val Sabin Games UNIT 1	Real PE (UNIT 2) -Cardio- dynamic balance to agility -Cool down- static balance- seated OR Val Sabin Games Unit 2	Real PE (UNIT 3) -Cardio- dynamic balance -Cool down- coordination- ball skills OR Val Sabin Games Unit 3	Real PE (UNIT 4) -Cool down- coordination with equipment -Cool down- counter balance in pairs OR Val Sabin Games Unit 4	Real PE (UNIT 5) -Cardio- agility- reaction/ response -Cool down- static balance- floor work	Real PE (UNIT 6) -Cardio- agility- ball chasing -Cool down- static balance- small base
*Sport Focus	*Hockey	*Handball	* Tag rugby	*Tennis-badminton	*Athletics	*Rounders
Year 5 Indoor	Val Sabin Dance Unit 1	Real Gym Unit 1	Real Gym Unit 2 Swimming	Val Sabin Dance Unit 2 Swimming	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2
Year 5 Outdoor	Real PE (UNIT 1) -Coordination- ball skills -Agility- reaction/ response OR Val Sabin Games UNIT 1	Real PE (UNIT 2) -Static balance- seated -Static balance- floor work OR Val Sabin Games Unit 2	Real PE (UNIT 3) -Dynamic balance -Counter balance in pairs OR Val Sabin Games Unit 3	Real PE (UNIT 4) -Static balance- one leg standing -Dynamic balance to agility OR Val Sabin Games Unit 4	Real PE (UNIT 5) -Static balance- small base -Coordination- floor movement patterns	Real PE (UNIT 6) -Agility- ball chasing -Coordination with equipment
*Sport Focus	Basketball/ Netball * Sports Hall Athletics	*Football	* Tag rugby	*Tennis/Volleyball	*Athletics	*Cricket
Year 6 Indoor	Val Sabin Dance Unit 1	Real Gym Unit 1	Real Gym Unit 2	Val Sabin Dance Unit 2	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2

Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Year 6</u> <u>Outdoor</u>	Real PE (UNIT 1) -Coordination-ball skills -Agility- reaction/ response OR Val Sabin Games UNIT 1	Real PE (UNIT 2) -Static balance- seated -Static balance- floor work OR Val Sabin Games Unit 2	Real PE (UNIT 3) -Dynamic balance -Counter balance in pairs OR Val Sabin Games Unit 3	Real PE (UNIT 4) -Static balance-one leg standing -Dynamic balance to agility OR Val Sabin Games Unit 4	Real PE (UNIT 5) -Static balance- small base -Coordination- floor movement patterns	Real PE (UNIT 6) -Agility- ball chasing -Coordination with equipment
<u>*Sport Focus</u>	*Hockey * Sports Hall Athletics	*Handball	*Tag rugby	*Tennis/ badminton	*Athletics	*Rounders
<u>Competitions</u>	Football League Netball League Cross Country Sports Hall Athletics	Girls' Football Packham Cup Quicksticks Hockey Borough Tag Rugby	Basketball Handball	Netball Rallies Swimming Gala London Youth Games	Tennis Tag Rugby Quad Kids	Cricket Rounders Athletics