



Hermitage Primary School

Physical Education (P.E) Long Term Plan

Academic Year: 2023-2024

	Sessions	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Reception	6 x Indoor	Real Gym (Unit 1) or Val Sabin Gym (Unit 1)	Real Gym (Unit 2) or Val Sabin Gym (Unit 2)	Real Dance (Unit 1)	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin – Athletics (Unit 4)
	6 x Outdoor	Real PE (Unit 1) • Coordination- floor movement patterns • Static balance - one leg standing + Val Sabin Games (Unit 1)	Real PE (Unit 2) • Dynamic balance to agility • Static balance + Val Sabin Games (Unit 2)	Real PE Unit 3 • Dynamic balance - Static balance • small base + Val Sabin Games (Unit 3)	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	6 x Indoor	Real Gym (Unit 1) or Val Sabin Gym (Unit 1)	Real Gym (Unit 2) or Val Sabin Gym (Unit 2)	Real Dance (Unit 1)	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin – Athletics (Unit 4)
	6 x Outdoor	Real PE (Unit 1) • Coordination- floor movement patterns • Static balance - one leg standing + Val Sabin Games (Unit 1)	Real PE (Unit 2) • Dynamic balance to agility • Static balance + Val Sabin Games (Unit 2)	Real PE Unit 3 • Dynamic balance - Static balance • small base + Val Sabin Games (Unit 3)	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	6 x Indoor	Real Gym (Unit 1) or Val Sabin Gym (Unit 1)	Real Gym (Unit 2) or Val Sabin Gym (Unit 2)	Real Dance (Unit 1)	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin – Athletics (Unit 4)
	6 x Outdoor	Real PE (Unit 1) • Coordination- floor movement patterns • Static balance - one leg standing + Val Sabin Games (Unit 1)	Real PE (Unit 2) • Dynamic balance to agility • Static balance + Val Sabin Games (Unit 2)	Real PE Unit 3 • Dynamic balance - Static balance • small base + Val Sabin Games (Unit 3)	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

Other Ability Focus - REAL PE	Personal	Social	Cognitive	Creative	Physical	Health & Fitness
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	Sessions	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 3	6 x Indoor	Real 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)
	6 x Outdoor	Real PE (Unit 1) <ul style="list-style-type: none"> • Cardio – coordination- floor movement patterns • Cool down- static balance - one leg standing Or Val Sabin Games (Unit 1)	Real PE (Unit 2) <ul style="list-style-type: none"> • Cardio – dynamic balance to agility • Cool down - static balance - seated Or Val Sabin Games (Unit 2)	Real PE (Unit 3) <ul style="list-style-type: none"> • Cardio - dynamic balance • Cool down - coordination ball skills Or Val Sabin Games (Unit 4)	Real PE (Unit 4) <ul style="list-style-type: none"> • Cool down - coordination with equipment • Cool down - counter balance in pairs Or Val Sabin Games (Unit 4)	Real PE (Unit 5) <ul style="list-style-type: none"> • Cardio- agility- reaction / response • Cool down- static balance- floor work 	Real PE (Unit 6) <ul style="list-style-type: none"> • Cardio- agility- ball chasing • Cool down- static balance- small base
	*Sport Focus	* Tag Rugby	* Netball	* Handball	* Tennis / Volleyball	* Athletics * Sports Hall Athletics	* Cricket
Year 4	6 x Indoor	Swimming	Swimming	Real Gym (Unit 2)	Val Sabin Dance (Unit 2)	Val Sabin Athletics (Unit 1)	Val Sabin Athletics (Unit 2)
	6 x Outdoor	Real PE (Unit 1) <ul style="list-style-type: none"> • Cardio – coordination- floor movement patterns • Cool down- static balance - one leg standing Or Val Sabin Games (Unit 1)	Real PE (Unit 2) <ul style="list-style-type: none"> • Cardio – dynamic balance to agility • Cool down - static balance - seated Or Val Sabin Games (Unit 2)	Real PE (Unit 3) <ul style="list-style-type: none"> • Cardio - dynamic balance • Cool down - coordination ball skills Or Val Sabin Games (Unit 4)	Real PE (Unit 4) <ul style="list-style-type: none"> • Cool down - coordination with equipment • Cool down - counter balance in pairs Or Val Sabin Games (Unit 4)	Real PE (Unit 5) <ul style="list-style-type: none"> • Cardio- agility- reaction / response • Cool down- static balance- floor work 	Real PE (Unit 6) <ul style="list-style-type: none"> • Cardio- agility- ball chasing • Cool down- static balance- small base
	*Sport Focus	* Football	* Hockey	* Basketball	* Tennis / Badminton	* Athletics * Sports Hall Athletics	* Rounders

Other Ability Focus - REAL PE	Personal	Social	Cognitive	Creative	Physical	Health & Fitness
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	Sessions	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 5	6 x Indoor	Real Dance (Unit 1)	Swimming	Real Gym (Unit 1)	Val Sabin Athletics (Unit 1)	Val Sabin Athletics (Unit 2)	Val Sabin Athletics (Unit 3)
	6 x 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	* Tag Rugby	* Netball	* Handball	* Tennis / Volleyball	* Athletics * Sports Hall Athletics	* Cricket
Year 6	6 x Indoor	Real 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)
	6 x 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	* Football	* Hockey	* Basketball	* Tennis / Badminton	* Athletics * Sports Hall Athletics	* Rounders

Other Ability Focus - REAL PE	Personal	Social	Cognitive	Creative	Physical	Health & Fitness
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	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Competitions	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