



Hermitage Primary School



Physical Education (P.E) Long Term Plan

Academic Year: 2024-2025

	Sessions	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
R e c e p t i o n	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	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
	6 x Outdoor	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin Games (Unit 1)	Val Sabin Games (Unit 2)	Val Sabin Games (Unit 3) and Sports Day practise	Val Sabin Games (Unit 4) and Sports Day practise
Y e a r 1	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	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
	6 x Outdoor	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin Games (Unit 1)	Val Sabin Games (Unit 2)	Val Sabin Games (Unit 3) and Sports Day practise	Val Sabin Games (Unit 4) and Sports Day practise
Y e a r 2	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	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
	6 x Outdoor	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin Games (Unit 1)	Val Sabin Games (Unit 2)	Val Sabin Games (Unit 3) and Sports Day practise	Val Sabin Games (Unit 4) and Sports Day practise

Other Ability Focus - REAL PE	Personal	Social	Cognitive	Creative	Physical	Health & Fitness
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 Gym (Unit 1)	Real Dance (Unit 1)	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
	6 x Outdoor	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin Games (Unit 1)	Val Sabin Games (Unit 2)	Val Sabin Games (Unit 3) and Sports Day practise	Val Sabin Games (Unit 4) and Sports Day practise
	*Sport Focus	* Tag Rugby	* Netball	* Handball	* Tennis / Volleyball	* Athletics	* Cricket
Year 4	6 x Indoor	Real Gym (Unit 1) Swimming	Real Dance (Unit 1)	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
	6 x Outdoor	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin Games (Unit 1)	Val Sabin Games (Unit 2)	Val Sabin Games (Unit 3) and Sports Day practise	Val Sabin Games (Unit 4) and Sports Day practise
	*Sport Focus	* Football	* Hockey	* Basketball	* Tennis / Badminton	* Athletics	* Rounders

Skill 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	6 x Indoor	Real Gym (Unit 1) Swimming	Real Dance (Unit 1) Swimming	Real PE (Unit 1)	Real PE (Unit 2)	Real PE Unit 3	Real PE (Unit 4) ● Coordination - ball skills

Year 5				<ul style="list-style-type: none"> ● Coordination- floor movement patterns ● Static balance - one leg standing 	<ul style="list-style-type: none"> ● Dynamic balance to agility ● Static balance 	<ul style="list-style-type: none"> ● Dynamic balance - Static balance ● small base 	<ul style="list-style-type: none"> ● Counter balance in pairs
	6 x Indoor	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin Games (Unit 1)	Val Sabin Games (Unit 2)	Val Sabin Games (Unit 3) and Sports Day practise	Val Sabin Games (Unit 4) and Sports Day practise
	*Sport Focus	* Tag Rugby	* Netball	* Handball	* Tennis / Volleyball	* Athletics	* Cricket
Year 6				<ul style="list-style-type: none"> ● Coordination- floor movement patterns ● Static balance - one leg standing 	<ul style="list-style-type: none"> ● Dynamic balance to agility ● Static balance 	<ul style="list-style-type: none"> ● Dynamic balance - Static balance ● small base 	<ul style="list-style-type: none"> ● Coordination - ball skills ● Counter balance in pairs
	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	Real PE (Unit 1)	Real PE (Unit 2)	Real PE Unit 3	Real PE (Unit 4)
	6 x Outdoor	Val Sabin – Athletics (Unit 1)	Val Sabin – Athletics (Unit 2)	Val Sabin Games (Unit 1)	Val Sabin Games (Unit 2)	Val Sabin Games (Unit 3) and Sports Day practise	Val Sabin Games (Unit 4) and Sports Day practise
	*Sport Focus	* Football	* Hockey	* Basketball	* Tennis / Badminton	* Athletics	* Rounders

Skill 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