



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
Reception	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	Real PE (Unit 1) <ul style="list-style-type: none"> • Coordination- floor movement patterns • Static balance - one leg standing 	Real PE (Unit 2) <ul style="list-style-type: none"> • Dynamic balance to agility • Static balance 	Real PE Unit 3 <ul style="list-style-type: none"> • Dynamic balance - Static balance • small base 	Real PE (Unit 4) <ul style="list-style-type: none"> • 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
Year 1	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	Real PE (Unit 1) <ul style="list-style-type: none"> • Coordination- floor movement patterns • Static balance - one leg standing 	Real PE (Unit 2) <ul style="list-style-type: none"> • Dynamic balance to agility • Static balance 	Real PE Unit 3 <ul style="list-style-type: none"> • Dynamic balance - Static balance • small base 	Real PE (Unit 4) <ul style="list-style-type: none"> • 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
Year 2	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	Real PE (Unit 1) <ul style="list-style-type: none"> • Coordination- floor movement patterns • Static balance - one leg standing 	Real PE (Unit 2) <ul style="list-style-type: none"> • Dynamic balance to agility • Static balance 	Real PE Unit 3 <ul style="list-style-type: none"> • Dynamic balance - Static balance • small base 	Real PE (Unit 4) <ul style="list-style-type: none"> • 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
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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 Gym (Unit 1)	Real Dance (Unit 1)	Real PE (Unit 1) <ul style="list-style-type: none"> • Coordination- floor movement patterns • Static balance - one leg standing 	Real PE (Unit 2) <ul style="list-style-type: none"> • Dynamic balance to agility • Static balance 	Real PE Unit 3 <ul style="list-style-type: none"> • Dynamic balance - Static balance • small base 	Real PE (Unit 4) <ul style="list-style-type: none"> • 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) <ul style="list-style-type: none"> • Coordination- floor movement patterns • Static balance - one leg standing 	Real PE (Unit 2) <ul style="list-style-type: none"> • Dynamic balance to agility • Static balance 	Real PE Unit 3 <ul style="list-style-type: none"> • Dynamic balance - Static balance • small base 	Real PE (Unit 4) <ul style="list-style-type: none"> • 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 5	6 x Indoor	Real Gym (Unit 1) Swimming	Real Dance (Unit 1) Swimming	Real PE (Unit 1) <ul style="list-style-type: none"> • Coordination- floor movement patterns • Static balance - one leg standing 	Real PE (Unit 2) <ul style="list-style-type: none"> • Dynamic balance to agility • Static balance 	Real PE Unit 3 <ul style="list-style-type: none"> • Dynamic balance - Static balance • small base 	Real PE (Unit 4) <ul style="list-style-type: none"> • Coordination - ball skills • 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	6 x Indoor	Real Gym (Unit 1)	Real Dance (Unit 1)	Real PE (Unit 1) <ul style="list-style-type: none"> • Coordination- floor movement patterns • Static balance - one leg standing 	Real PE (Unit 2) <ul style="list-style-type: none"> • Dynamic balance to agility • Static balance 	Real PE Unit 3 <ul style="list-style-type: none"> • Dynamic balance - Static balance • small base 	Real PE (Unit 4) <ul style="list-style-type: none"> • 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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	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