

Physical Education Long Term Plan 2020- 2021

Other ability focus Real PE

Personal

Social

Cognitive

Creative

Physical

Health and fitness

<u>Year Groups</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Reception Indoor x 6 sessions	Val Sabin Athletics Unit 1 (Outdoors)	Val Sabin Athletics Unit 2 (Outdoors)	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
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 Dance Unit 1 (Indoors)	Val Sabin Dance Unit 2 (Indoors)
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 Athletics Unit 1 (Outdoors)	Val Sabin Athletics Unit 2 (Outdoors)	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
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 Dance Unit 1 (Indoors)	Val Sabin Dance Unit 2 (Indoors)
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 Athletics Unit 1 (Outdoors)	Val Sabin Athletics Unit 2 (Outdoors)	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
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 Dance Unit 1 (Indoors)	Val Sabin Dance Unit 2 (Indoors)
Year 2 Alternative Outdoor x 6 session	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

<u>Year Groups</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Year 3</u> <u>Indoor</u>	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2	Real Gym Unit 1	Real Gym Unit 2	Val Sabin Dance Unit 1	Val Sabin Dance Unit 2
<u>Year 3</u> <u>Outdoor</u>	Cricket	Netball	Real PE (UNIT 3) -Cardio- dynamic balance -Cool down- coordination- ball skills	Real PE (UNIT 4) -Cool down- coordination with equipment -Cool down- counter balance in pairs	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
<u>*Sport Focus</u>	* Cricket *Athletics	*Netball	*Handball	*Seated volleyball	*Tag Rugby	*Athletics
<u>Year 4</u> <u>Indoor</u>	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2	Real Gym Unit 1	Real Gym Unit 2	Val Sabin Dance Unit 1	Val Sabin Dance Unit 2
<u>Year 4</u> <u>Outdoor</u>	Cricket	Netball	Real PE (UNIT 3) -Cardio- dynamic balance -Cool down- coordination- ball skills	Real PE (UNIT 4) -Cool down- coordination with equipment -Cool down- counter balance in pairs	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
<u>*Sport Focus</u>	* Cricket *Athletics	*Netball	*Basketball	*Tennis-badminton	*Tag Rugby	*Athletics

<u>Year 5</u> <u>Indoor</u>	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2	Real Gym Unit 1	Real Gym Unit 2	Val Sabin Dance Unit 1	Val Sabin Dance Unit 2
<u>Year 5</u> <u>Outdoor</u>	Cricket	Hockey	Real PE (UNIT 3) -Dynamic balance -Counter balance in pairs	Real PE (UNIT 4) -Static balance-one leg standing -Dynamic balance to agility	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>	* Cricket *Athletics	*Hockey	Basketball	*Tennis/Volleyball	*Tag Rugby *Football	*Athletics *Cross-Country
<u>Year 6</u> <u>Indoor</u>	Val Sabin Athletics Unit 1	Val Sabin Athletics Unit 2	Real Gym Unit 1	Real Gym Unit 2	Val Sabin Dance Unit 1	Val Sabin Dance Unit 2
<u>Year 6</u> <u>Outdoor</u>	Rounders	Hockey	Real PE (UNIT 3) -Dynamic balance -Counter balance in pairs	Real PE (UNIT 4) -Static balance-one leg standing -Dynamic balance to agility	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>	* Cricket *Athletics	*Hockey	*Handball	*Tennis/ badminton	*Tag Rugby *Football	*Athletics *Cross-Country
<u>Competitions</u>	Football League Netball League Cross-Country Sports Hall Athletics	Girls' Football Pæckham-Cup Quicksticks Hockey Berough-Tag-Rugby	Basketball Handball	Netball Rallies Swimming Gala London Youth Games	Tennis Tag Rugby Quad Kids	Cricket Rounders Athletics

* Due to the Covid-19 pandemic, a number of changes have been made to the long-term PE plan for this academic year. Following government guidance, we have aimed to ensure that PE takes place in an outdoor session where possible. This has resulted in many of our summer sports being moved towards the beginning of the year and vice versa. Some sports may have to be adapted to enable social distancing and others may require more focus on skill acquisition rather than competitive games. At Hermitage we will continue to follow government guidance and advice from national sporting bodies to ensure that our children continue to stay safe, active and engaged in lessons. Please note, the long-term PE plan may change throughout the year, as a result of new-developments.