

Other ability focus Real PE

Personal

Social

Cognitive

Creative

Physical

Health and fitness

Physical Education Long Term Plan 2022- 2023

| Year Groups | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|--|--|---|--|--|---|
| Reception Indoor x 6 sessions | Real Gym Unit 1 OR Val Sabin Gymnastics Unit 1 | Real Gym Unit 2 OR Val Sabin Gymnastics Unit 2 | Real Dance Unit 1 | Val Sabin Athletics Unit 1 | Val Sabin Athletics Unit 2 | Val Sabin Games Unit 4 |
| Reception Outdoor x 6 sessions | 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 Indoor x 6 sessions | Real Gym Unit 1 OR Val Sabin Gymnastics Unit 1 | Real Gym Unit 2 OR Val Sabin Gymnastics Unit 2 | Real Dance Unit 1 | Val Sabin Athletics Unit 1 | Val Sabin Athletics Unit 2 | Val Sabin Games Unit 4 |
| Year 1 Outdoor x 6 sessions | 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 Indoor x 6 sessions | Real Gym Unit 1 OR Val Sabin Gymnastics Unit 1 | Real Gym Unit 2 OR Val Sabin Gymnastics Unit 2 | Real Dance Unit 1 | Val Sabin Athletics Unit 1 | Val Sabin Athletics Unit 2 | Val Sabin Games Unit 4 |
| Year 2 Outdoor x 6 sessions | 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 |

| <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> | 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 |
| <u>Year 3</u> <u>Outdoor</u> | 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 |
| <u>*Sport Focus</u> | * Tag rugby | * Netball | *Handball | *Tennis/Volleyball | *Athletics * Sports Hall Athletics | *Cricket |
| <u>Year 4</u> <u>Indoor</u> | Real 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 |
| <u>Year 4</u> <u>Outdoor</u> | 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 |
| <u>*Sport Focus</u> | *Football | *Hockey | Basketball | *Tennis/ badminton | *Athletics * Sports Hall Athletics | *Rounders |

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| <u>Year 5</u> <u>Indoor</u> | Real 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 |
| <u>Year 5</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> | * Tag rugby | * Netball | *Handball | *Tennis/Volleyball | *Athletics * Sports Hall Athletics | *Cricket |
| <u>Year 6</u> <u>Indoor</u> | 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 |
| <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> | *Football | *Hockey | Basketball | *Tennis/ badminton | *Athletics * Sports Hall 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 |