

PE Long Term Plan



PE and Sport play a very important part in the life of Spring Bank Primary School We believe that physical education and sport contribute to the holistic development of young people and through participation in sport and physical education, young people learn more about key values such as teamwork, fair play and respect for themselves and others.

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Reception | <p>Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP.</p> <ul style="list-style-type: none"> - Different ways of moving <p>Gym Assessment Statements: Key Shapes/Actions/Exercises</p> <p>Contrasting body shapes tall/short, wide/thin, straight/curved, landing shape (jumps)</p> <p>Jumping, landing & vaulting Straight jump and landing shape from a standing position</p> | <p>Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP.</p> <ul style="list-style-type: none"> - Different ways to move - Bikes <p>Gym Assessment Statements: Travelling</p> <p>Negotiate space effectively – under, round and over apparatus and obstacles.</p> <p>Travel safely in a variety of ways, directions and speeds</p> | <p>Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP.</p> <ul style="list-style-type: none"> - Different ways to move (Gymnastics – large apparatus) - Balance – beams and upside down benches - Skipping ropes in the outside area. <p>Gym Assessment Statements: Balancing and handstand Make body tense, relaxed, curled and stretched. Experiment with balancing on different body parts. Jumping, landing & vaulting Straight jump and landing shape from a standing position</p> | <p>Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP.</p> <ul style="list-style-type: none"> - Control of large and small balls (throwing and catching) - Dance related activities <p>Gym Assessment Statements:</p> <p>Begin to link different actions and movements together.</p> | <p>Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP.</p> <ul style="list-style-type: none"> - Control of large and small balls (kicking, dribbling, aiming, batting) - Dance related activities - Obstacle courses – children moving over, under, through and around equipment | <p>Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP.</p> <ul style="list-style-type: none"> - Races/team games involving gross motor movements. - Dance related activities in the outside area. - Wheeled vehicles <p>Athletics/Sports Day training (Running / Sprinting / Throwing (Javelin) / Jumping & landing, Aiming and throwing)</p> |

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| Year 1 | <p>Real PE Unit 1 (2-Touch) Learning Focus: Personal FUNS 1-3 Coordination Footwork 4-6 Static Balance One Leg</p> <p>Real PE Gym Unit 1 1-3 Shape 4-6 Travel</p> | <p>Real PE Unit 2 Learning Focus: Social FUNS 7-9 Dynamic Balance to Agility Jumping and Landing 10-12 Static Balance Stance</p> <p>Real PE Gym Unit 2 7-9 Flight 10-12 Rotation</p> | <p>Real PE Unit 3 Learning Focus: Cognitive FUNS 13-15 Dynamic Balance On a Line 16-18 Static Balance Stance</p> <p>Real PE Dance Unit 13-19 Shapes Solo/Artistry Musicality/Partnering Shapes/Circles Solo/Artistry Abstraction/Artistry (Making)</p> | <p>Real PE Unit 4 Learning Focus: Creative FUNS 19-21 Coordination Ball Skills 22-24 Counter Balance With a Partner</p> <p>Invasion Games Rugby</p> | <p>Real PE Unit 5 Learning Focus: Physical FUNS 25-27 Coordination Sending and Receiving 28-30 Agility Reaction/Response</p> <p>Batting & Fielding (Skills: Rolling & Receiving) Rounders Net and Wall (Tennis and Badminton)</p> | <p>Real PE Unit 6 Learning Focus: Health and Fitness FUNS 31-33 Agility Ball Chasing 34-36 Static Balance Floor Work</p> <p>Athletics (Javelin, Discus, Shotput, Sprinting, Move-a-Mile, Relay racing)</p> <p>Outdoor & Adventure (Tri-O Orienteering Slalom Ball/ Playschool Map Jigsaw / Teamwork race 'Over & Under')</p> |
| Year 2 | <p>Real PE Unit 1 Learning Focus: Personal FUNS 1-3 Coordination Footwork 4-6 Static Balance One Leg</p> <p>Real PE Gym Unit 1 1-3 Balance 4-6 Travel</p> | <p>Real PE Unit 2 Learning Focus: Social FUNS 7-9 Dynamic Balance to Agility Jumping and Landing 10-12 Static Balance Stance</p> <p>Real PE Gym Unit 2 7-9 Flight 10-12 Rotation</p> | <p>Real PE Unit 3 Learning Focus: Cognitive FUNS 13-15 Dynamic Balance On a Line 16-18 Static Balance Stance</p> <p>Real PE Dance Unit 13-19 Shapes Solo/Partnering Shapes/Circles Solo/Partnering Circles/Artistry Abstraction/Artistry (Making)</p> | <p>Real PE Unit 4 Learning Focus: Creative FUNS 19-21 Coordination Ball Skills 22-24 Counter Balance With a Partner</p> <p>Invasion Games Netball</p> | <p>Real PE Unit 5 Learning Focus: Applying Physical FUNS 25-27 Coordination Sending and Receiving 28-30 Agility Reaction/Response</p> <p>Batting & Fielding (Skills: Rolling & Receiving, Underarm throw & catching, Overarm throw) Rounders Net and Wall (Tennis & Badminton)</p> | <p>Real PE Unit 6 Learning Focus: Health and Fitness FUNS 31-33 Agility Ball Chasing 34-36 Static Balance Floor Work</p> <p>Athletics (Javelin, Discus, Speed Jump, Long Jump, Shotput, Sprinting, Move-a-Mile, Relay racing)</p> <p>Outdoor & Adventure (Tri-O Funny Faces, Teamwork race 'Over & Under')</p> |
| Year 3 | <p>Real PE Unit 1 (2-Touch) Learning Focus: Personal FUNS 1-6 Coordination Footwork Cool Down Static Balance: One Leg</p> <p>Real PE Gym Unit 1 1-3 Travel 4-6 Rotation</p> | <p>Real PE Unit 2 Learning Focus: Social FUNS 7-12 Dynamic Balance to Agility Jumping and Landing Cool Down Static Balance Seated</p> <p>Real PE Gym Unit 2 7-9 Flight 10-12 Balance</p> | <p>Real PE Unit 3 Learning Focus: Cognitive FUNS 13-18 Dynamic Balance On a Line Cool Down Coordination Ball Skills</p> <p>Real PE Dance Unit 13-19 Shapes Solo/Circles Solo/Partnering Shapes/Partnering Circles,</p> | <p>Real PE Unit 4 Learning Focus: Creative FUNS 19-24 Coordination Sending and Receiving Cool Down Counter Balance: With a Partner</p> <p>Invasion Games Basketball</p> | <p>Real PE Unit 5 Learning Focus: Applying Physical FUNS 25-30 Agility: Reaction/Response Cool Down – Static Balance: Floor Work</p> <p>Batting & Fielding (Rounders & Cricket)</p> | <p>Real PE Unit 6 Learning Focus: Health and Fitness FUNS 31-36 Agility Ball Chasing Cool Down - Static Balance: Stance</p> <p>Athletics (Javelin, Discus, Speed Jump, Long Jump, Shotput, Sprinting,</p> |

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| | | | Artistry Abstraction, Artistry (Making) | | Net and Wall (Tennis & Badminton) | Move-a-Mile, Relay racing) Outdoor & Adventure (Tri-O Orienteering Slalom Ball/ Playschool Map Jigsaw / Teamwork race 'Over & Under') |
| Year 4 | Real PE Unit 1 Learning Focus: Personal FUNS 1-6 Coordination Footwork Cool Down Static Balance: One Leg (SWIMMING) | Real PE Gym Unit 1 1-3 Balance 4-6 Rotation (SWIMMING) | Real PE Dance Unit 13-19 Shapes Solo/Circles Solo/Partnering Shapes/Partnering (Lifts)/Artistry Abstraction/Artistry (Making) (SWIMMING) | Real PE Unit 4 Learning Focus: Creative FUNS 19-24 Coordination Sending and Receiving Cool Down Counter Balance: With a Partner (SWIMMING) | Invasion Games Rugby (SWIMMING) | Athletics (Javelin, Discus, Speed Jump, Long Jump, Shotput, Sprinting, Move-a-Mile, Relay racing) (SWIMMING) |
| Year 5 | Real PE Unit 1 Learning Focus: Cognitive FUNS 1-6 Coordination: Ball Skills Agility: Reaction/Response Real PE Gym Unit 1 1-3 Hand Apparatus 4-6 Low Apparatus | Real PE Unit 2 Learning Focus: Social FUNS 7-12 Static Balance: Seated Static Balance Floorwork Real PE Gym Unit 2 7-9 Partner Work 10-12 Large Apparatus | Real PE Unit 3 Learning Focus: Cognitive FUNS 13-18 Dynamic Balance On a Line Counter Balance With a Partner Real PE Dance Unit 13-19 Shapes Solo/Circles Solo/Artistry Abstraction/Artistry Musicality/Partnering (Lifts),/Artistry (Making) | Real PE Unit 4 Learning Focus: Applying Physical FUNS 19-24 Static Balance One Leg Dynamic Balance to Jumping and Landing Invasion Games Football | Real PE Unit 5 Learning Focus: Health and Fitness FUNS 31-36 Agility: Ball Chasing Coordination: Sending and Receiving Batting & Fielding (Cricket) Net and Wall (Tennis & Badminton) | Real PE Unit 6 Learning Focus: Personal FUNS 31-36 Agility Ball Chasing Coordination: Sending and Receiving Athletics (Javelin, Discus, Speed Jump, Long Jump, Shotput, Sprinting, Move-a-Mile, Relay racing) Outdoor & Adventure (Tri-O Orienteering Slalom Ball/ Playschool Map Jigsaw / Teamwork race 'Over & Under') |
| Year 6 | Real PE Unit 1 Learning Focus: Cognitive FUNS 1-6 Coordination: Ball Skills Agility: Reaction/Response Real PE Gym Unit 1 1-3 Hand Apparatus | Real PE Unit 2 Learning Focus: Creative FUNS 7-12 Static Balance: Seated Static Balance Floorwork Real PE Gym Unit 2 7-9 Partner Work | Real PE Unit 3 Learning Focus: Social FUNS 13-18 Dynamic Balance On a Line Counter Balance With a Partner Real PE Dance Unit | Real PE Unit 4 Learning Focus: Applying Physical FUNS 19-24 Static Balance One Leg Dynamic Balance to Jumping and Landing | Real PE Unit 5 Learning Focus: Health and Fitness FUNS 31-36 Agility: Ball Chasing Coordination: Sending and Receiving | Real PE Unit 5 Learning Focus: Health and Fitness FUNS 31-36 Agility: Ball Chasing Coordination: Sending and Receiving |

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| | 4-6 Low Apparatus | 10-12 Large Apparatus | 13-19 Shapes Solo/Circles Solo/Artistry Abstraction/Artistry Musicality/Partnering (Lifts)/Artistry (Making) | Invasion Games Netball | Batting & Fielding (Rounders) Net and Wall (Tennis & Badminton) | Athletics (Javelin, Discus, Speed Jump, Long Jump, Shotput, Sprinting, Move-a-Mile, Relay racing) Outdoor & Adventure (Robinwood) |
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