

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
Reception	Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP. - Getting changed for PE - Different ways of moving Gym Assessment Statements: Key Shapes/Actions/Exercises Contrasting body shapes tall/short, wide/thin, straight/curved, landing shape (jumps) Jumping, landing & vaulting Straight jump and landing shape from a standing position	Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP. - Different ways to move - Bikes Gym Assessment Statements: Travelling Negotiate space effectively – under, round and over apparatus and obstacles. Travel safely in a variety of ways, directions and speeds	Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP. - Different ways to move (Gymnastics – large apparatus) - Balance – beams and upside down benches - Skipping ropes in the outside area. 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	Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP. - Control of large and small balls (throwing and catching) - Dance related activities Gym Assessment Statements: Begin to link different actions and movements together.	Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP. - Control of large and small balls (kicking, dribbling, aiming, batting) - Dance related activities - Obstacle courses – children moving over, under, through and around equipment	Real PE Foundations Resources Learning Focus: Teacher to choose theme to match Rec LTP. - Races/team games involving gross motor movements. - Dance related activities in the outside area. - Wheeled vehicles Athletics/Sports Day training (Running / Sprinting / Throwing (Javelin) / Jumping & landing, Aiming and throwing)

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

			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 Real PE Gym Unit 1 1-3 Balance 4-6 Rotation	Real PE Unit 2 Learning Focus: Social FUNS 7-12 Dynamic Balance to Agility Jumping and Landing Cool Down Static Balance Seated Real PE Gym Unit 2 7-9 Flight 10-12 Travel	Real PE Unit 3 Learning Focus: Cognitive FUNS 13-18 Dynamic Balance On a Line Cool Down Coordination Ball Skills Real PE Dance Unit 13-19 Shapes Solo/Circles Solo/Partnering Shapes/Partnering (Lifts)/Artistry Abstraction/Artistry (Making)	Real PE Unit 4 Learning Focus: Creative FUNS 19-24 Coordination Sending and Receiving Cool Down Counter Balance: With a Partner Invasion Games Rugby	Real PE Unit 5 Learning Focus: Applying Physical FUNS 25-30 Agility: Reaction/Response Cool Down – Static Balance: Floor Work Swimming	Real PE Unit 6 Learning Focus: Health and Fitness FUNS 31-36 Agility Ball Chasing Cool Down - Static Balance: Stance 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 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 Unit 2 Learning Focus: Creative FUNS 7-12 Static Balance: Seated Static Balance Floorwork	Real PE Unit 3 Learning Focus: Social FUNS 13-18 Dynamic Balance On a Line Counter Balance With a Partner	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
	Real PE Gym Unit 1 1-3 Hand Apparatus 4-6 Low Apparatus	Real PE Gym Unit 2 7-9 Partner Work 10-12 Large Apparatus	Real PE Dance Unit 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)