



PE LONG TERM PLAN

| When? | REAL PE LESSONS (JASMINE ONLINE) | REAL DANCE (JASMINE ONLINE) | REAL GYM (JASMINE ONLINE) | COMPETITIVE SPORTS VAL SABIN LESSON PLANS | ATHELTICS VAL SABIN LESSON PLANS | SWIMMING |
|--------|-------------------------------------|--|--|---|--|-------------------------------|
| EYFS | 2 X A WEEK | | | | | |
| YEAR 1 | 1X A WEEK | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (2x 6 WEEK BLOCKS- SEE PLAN) | | | |
| YEAR 2 | 1X A WEEK | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (2x 6 WEEK BLOCKS- SEE PLAN) | | | |
| YEAR 3 | 1X A WEEK | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | | 1X LESSON A WEEK (4-6 WEEK BLOCK- SEE PLAN) | |
| YEAR 4 | 1X A WEEK | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCKS- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | AUTUMN/SPRING AND SUMMER 1 |
| YEAR 5 | 1X A WEEK | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCKS- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | SUMMER 2 IF NEEDED |
| YEAR 6 | 1X A WEEK | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCKS- SEE PLAN) | 1x LESSON A WEEK (6 WEEK BLOCK- SEE PLAN) | SUMMER 2 IF NEEDED |

PE LONG TERM PLAN

| EYFS | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|---|---|--|--|--|
| PE | Unit 1 Personal Wk1-3 The Birthday Surprise Wk 4-6 Pirate Pranks! | Unit 2 Social Wk 7-9 Journey to the Blue Planet Wk 10-12 Monkey Business! | Unit 3 Cognitive Wk 13-15 Tilly the Train's Big Day Wk 16-18 Thembi Walks the Tightrope | Unit 4 Creative Wk 19-21 Clowning Around! Wk 22-24 Wendy's Water Ski Challenge | Unit 5 Applying Physical Wk 25-27 John and Jasmine Learn to Juggle Wk 28-30 Ringo to the Rescue | Unit 6 Health and Fitness Wk 31-33 Sammy Squirrel and his Rolling Nuts Wk 34-36 Caspar the Very Clever Cat |
| PE Fundamental Movement Skills FUNS | FUNS Station 10 Co-ordination Footwork FUNS Station 1 Static Balance One Leg | FUNS Station 6 Dynamic Balance to Agility: Jumping and Landing FUNS Station 2 Static Balance Seated | FUNS Station 5 Dynamic Balance On a Line FUNS Station 4 Static Balance Stance | FUNS Station 9 Coordination Ball Skills FUNS Station 7 Counter Balance with a Partner | FUNS Station 8 Coordination Sending and Receiving FUNS Station 12 Agility: Reaction/Response | FUNS Station 11 Agility: Ball Chasing FUNS Station 3 Static Balance: Floor Work |

| Year 1 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|--|---|---|--|--|
| PE Real PE Lessons | Unit 1 Personal Wk1-3 The Birthday Surprise Wk 4-6 Pirate Pranks! | Unit 2 Social Wk 7-9 Journey to the Blue Planet Wk 10-12 Monkey Business! | Unit 3 Cognitive Wk 13-15 Tilly the Train's Big Day Wk 16-18 Thembi Walks the Tightrope | Unit 4 Creative Wk 19-21 Clowning Around! Wk 22-24 Wendy's Water Ski Challenge | Unit 5 Applying Physical Wk 25-27 John and Jasmine Learn to Juggle Wk 28-30 Ringo to the Rescue | Unit 6 Health and Fitness Wk 31-33 Sammy Squirrel and his Rolling Nuts Wk 34-36 Caspar the Very Clever Cat |
| Area of PE | ALL | ALL | DANCE/ GYM | GAMES | GAMES | GAMES |
| PE Fundamental Movement Skills FUNS | FUNS Station 10 Co-ordination Footwork FUNS Station 1 Static Balance One Leg | FUNS Station 6 Dynamic Balance to Agility: Jumping and Landing FUNS Station 2 Static Balance Seated | FUNS Station 5 Dynamic Balance On a Line FUNS Station 4 Static Balance Stance | FUNS Station 9 Coordination Ball Skills FUNS Station 7 Counter Balance with a Partner | FUNS Station 8 Coordination Sending and Receiving FUNS Station 12 Agility: Reaction/Response | FUNS Station 11 Agility: Ball Chasing FUNS Station 3 Static Balance: Floor Work |
| Real Dance and Real Gym Lessons | | | Real Dance Unit 1 Y1 | Real Gym Unit 1 Y1 | Real Gym Unit 2 Y1 | |

PE LONG TERM PLAN

| Year 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|--|--|--|--|--|
| PE Real PE Lessons | Unit 1 Personal Wk 1-6 | Unit 2 Social Wk 7-12 | Unit 3 Cognitive Wk 13-18 | Unit 4 Creative Wk 19-24 | Unit 5 Applying Physical Wk 25-30 | Unit 6 Health and Fitness Wk 31-36 |
| AREA OF PE | ALL | ALL | DANCE/GYM | GAMES/ATHLETICS | GAMES/ATHLETICS | GAMES |
| PE Fundamental Movement Skill Focus | FUNS Station 10 Co-ordination Footwork FUNS Station 1 Static Balance One Leg | FUNS Station 6 Dynamic Balance to Agility: Jumping and Landing FUNS Station 2 Static Balance Seated | FUNS Station 5 Dynamic Balance On a Line FUNS Station 4 Static Balance Stance | FUNS Station 9 Coordination Ball Skills FUNS Station 7 Counter Balance with a Partner | FUNS Station 8 Coordination Sending and Receiving FUNS Station 12 Agility: Reaction/Response | FUNS Station 11 Agility: Ball Chasing FUNS Station 3 Static Balance: Floor Work |
| Real Gym and Real Dance Lessons | | | Real Dance Unit 1 Y2 | Real Gym Unit 1 Y2 | Real Gym Unit 2 Y2 | |
| Games/Athletics | | | | | | |

PE LONG TERM PLAN

| Year 3 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|--|---|--|---|---|
| PE | Unit 1 Personal Wk 1-6 | Unit 2 Social Wk 7-12 | Unit 3 Cognitive Wk 13-18 | Unit 4 Creative Wk 19-24 | Unit 5 Applying Physical Wk 25-30 | Unit 6 Health and Fitness Wk 31-36 |
| AREA OF PE | ALL | DANCE/GYM/GAMES | DANCE/GYM | GAMES/ATHLETICS | ALL | GAMES |
| PE Fundamental Movement Skill Focus | FUNS Station 10 Skill Co-ordination Footwork FUNS Station 1 Cool Down Static Balance One Leg | FUNS Station 6 Dynamic Skill Balance to Agility: Jumping and Landing FUNS Station 2 Cool Down Static Balance Seated | FUNS Station 5 Skill Dynamic Balance On a Line FUNS Station 9 Cool Down Coordination Ball Skills | FUNS Station 8 Skill- Coordination: Sending and Receiving FUNS Station 7 Cool Down- Counter Balance: With a Partner | FUNS Station 12 Skill- Agility: Reaction/Response FUNS Station 3 Cool Down- Static Balance: Floor Work | FUNS Station 11 Skill- Agility: Ball Chasing FUNS Station 4 Cool Down- Static Balance: Stance |
| Real Gym and Real Dance | | Real Dance Unit 1 Y3 | Real Gym Unit 1 Y3 | Real Gym Unit 2 Y3 | | |
| Games/ Athletics | Games- Striking and Fielding Twinkl Y3 Move Unit Cricket, Danish Longball and Rounders | | | | Games- Invasion Games Fundamental skills Twinkl Move Y3 | Athletics Y3 Move Twinkl. P |

PE LONG TERM PLAN

| Year 4 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|---|--|--|--|---|
| PE Real PE Lessons 1x per week | Unit 1 Personal Wk 1-6 | Unit 2 Social Wk 7-12 | Unit 3 Cognitive Wk 13-18 | Unit 4 Creative Wk 19-24 | Unit 5 Applying Physical Wk 25-30 | Unit 6 Health and Fitness Wk 31-36 |
| AREA OF PE | DANCE/GYM/GAMES/ATHLETICS | ALL | DANCE/GYM | GAMES/ATHLETICS | ALL | GAMES |
| PE Fundamental Movement Skill Focus | FUNS Station 10 Skill- Coordination Footwork FUNS Station 1 Cool Down- Static Balance: One Leg | FUNS Station 6 Skill- Dynamic Balance to Agility: Jumping and Landing FUNS Station 2 Cool Down- Static Balance: Seated | FUNS Station 5 Skill- Dynamic Balance: On a line FUNS Station 9 Cool Down- Coordination: Ball Skills | FUNS Station 8 Skill- Coordination: Sending and Receiving FUNS Station 7 Cool Down- Counter Balance: With a Partner | FUNS Station 12 Skill- Agility: Reaction/Response FUNS Station 3 Cool Down- Static Balance | FUNS Station 11 Skill- Agility: Ball Chasing FUNS Station 4 Cool Down- Static Balance: Stance |
| Real Gym and Real Dance Lessons | | Real Dance Unit 1 Y4 | Real Gym Unit 1 Y4 | | | |
| Games/Athletics | Hockey Y4 Move Twinkl Planning | | | Tag Rugby Y4 Twinkl Move Planning | Cricket Y4 Twinkl Planning | Athletics Year 4 Twinkl Planning |
| Swimming | By the end of the unit children will build their confidence in the water and move in the pool (for example, jump, walk, hop and spin, using swimming aids and/or support). They will be able to float and move with and without swimming aids. They will be able to propel themselves in water using different swimming aids, arms and leg actions and basic strokes. | | | | | Non-swimmers only across Y4, 5 and 6. |

PE LONG TERM PLAN

| Year 5 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|--|--|--|---|---|--|
| PE | Unit 1 Cognitive Wk 1-6 | Unit 2 Creative Wk 7-12 | Unit 3 Social Wk 13-18 | Unit 4 Applying Physical Wk 19-24 | Unit 5 Health and Fitness Wk 25-30 | Unit 6 Personal Wk 31-36 |
| AREA OF PE | GAMES | DANCE/GYM | DANCE/GYM/GAMES | DANCE/ GYM | DANCE/GYM/GAMES | GAMES |
| PE Fundamental Movement Skill Focus | FUNS Station 9 Coordination: Ball Skills FUNS Station 12 Agility: Reaction/Response | FUNS Station 2 Static Balance: Seated FUNS Station 3 Static Balance: Floor Work | FUNS Station 5 Dynamic Balance: On a line FUNS Station 7 Counter Balance: With a Partner | FUNS Station 1 Static Balance: One leg Funs Station 6 Dynamic Balance to Agility: Jumping and Landing | FUNS Station 4 Static Balance: Stance FUNS Station 10 Coordination: Footwork | FUNS Station 11 Agility: Ball Chasing FUNS Station 8 Coordination: Sending and Receiving |
| Real Gym and Real Dance Lessons | | Real Dance Unit 1 Y5 | Real Gym Unit 1 Y5 | | | |
| Games/Athletics | Basketball Y5 Move Twinkl Planning | | | Tennis Y5 Twinkl Move Planning | Rounders Y5 Move Twinkl Planning | Athletics Y5 Move Twinkl Planning |
| Swimming | | | | | | Y5 non- swimmers and those who cannot swim 25m |

PE LONG TERM PLAN

| Year 6 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|--|--|---|---|---|--|
| PE Real PE Lessons | Unit 1 Cognitive Wks 1-6 | Unit 2 Creative Wks 7-12 | Unit 3 Social Wks- 13-18 | Unit 4 Applying Physical Wks 19-24 | Unit 5 Health and Fitness Wks 25-30 | Unit 6 Personal Wks 31-36 |
| AREA OF PE | GAMES/ATHLETICS | DANCE/GYM | DANCE/GYM/ GAMES | DANCE/GYM | DANCE/GYM/GAMES | GAMES |
| PE Fundamental Movement Skill Focus | FUNS Station 9 Coordination: Ball Skills FUNS Station 12 Agility: Reaction/Response | FUNS Station 2 Static Balance: Seated FUNS Station 3 Static Balance: Floor Work | FUNS Station 5 Dynamic Balance: On a line FUNS Station 7 Counter Balance: With a Partner | FUNS Station 1 Static Balance: One leg Funs Station 6 Dynamic Balance to Agility: Jumping and Landing | FUNS Station 4 Static Balance: Stance FUNS Station 10 Coordination: Footwork | FUNS Station 11 Agility: Ball Chasing FUNS Station 8 Coordination: Sending and Receiving |
| Real Gym and Real Dance Lessons | | Real Dance Y5/6 UNIT 2 | Real Gym Y5/6 UNIT 2 | | | |
| Games/ Athletics | Invasion Games Y6 Twinkl Planning | | | Netball Y6 Twinkl Planning | Striking and Fielding Y6 Twinkl Planning | Athletics Y6 Twinkl Planning |
| Swimming | | | | | | Y6 non swimmers and those who cannot swim 25m |

