



## Physical Education Long Term Plan



Year group	Autumn Term	Spring Term	Summer Term
<b>EYFS</b>	<b>Term 1:</b> Playground Games Real PE - coordination/ balance/ personal <b>Term 2:</b> Dance Real PE - balance/ agility/ social	<b>Term 1:</b> Real Gym unit 1 - personal Balance/ cognitive <b>Term 2:</b> Real Gym unit 2 + choose a multi-ability Real PE - coordination/ balance/ creative	<b>Term 1:</b> Real PE - coordination/ agility/ physical Swimming <b>Term 2:</b> Real PE - agility/ balance/ health and fitness Swimming
<b>Year 1</b>	<b>Term 1:</b> Gymnastics unit 1 + choose a multi-ability Real PE - coordination/ balance/ personal <b>Term 2:</b> Dance Real PE - balance/ agility/ social	<b>Term 1:</b> Real Gym unit 2 + choose a multi-ability Real PE - balance/ cognitive <b>Term 2:</b> Team Games – cricket (Chance to Shine) Real PE - coordination/ balance/ creative	<b>Term 1:</b> Real PE - coordination/ agility/ physical Swimming <b>Term 2:</b> Real PE - agility/ balance/ health and fitness Swimming
<b>Year 2</b>	<b>Term 1:</b> Team Games – cricket (Chance to Shine) Real PE - co-ordination/ balance/ personal <b>Term 2:</b> Dance Real PE - balance/ agility/ social	<b>Term 1:</b> Real Gym unit 1 + choose a multi-ability Real PE - co-ordination/ balance/ cognitive <b>Term 2:</b> Real Gym unit 2 + choose a multi-ability Real PE - co-ordination/ balance/ creative	<b>Term 1:</b> Swimming Real PE - co-ordination/ agility/ physical <b>Term 2:</b> Swimming Real PE - agility/ balance/ health and fitness
<b>Year 3</b>	<b>Term 1:</b> Real PE - co-ordination/ balance/ personal Dance	<b>Term 1:</b> Real PE - co-ordination/ balance/ cognitive Real Gym unit 1 + choose a multi-ability	<b>Term 1:</b> Real PE - agility/ balance/ physical Swimming

	<b>Term 2:</b> Real PE - balance/ agility/ social Competitive – Striking and Fielding – Cricket (Chance to Shine)	<b>Term 2:</b> Real PE - co-ordination/ balance/ creative Real Gym unit 2 + choose a multi-ability	<b>Term 2:</b> Real PE - agility/ balance/ health and fitness Swimming
<b>Year 4</b>	<b>Term 1:</b> Real PE - co-ordination/ balance/ personal Racket sport - Tennis <b>Term 2:</b> Real PE - balance/ agility/ social Dance	<b>Term 1:</b> Real PE - co-ordination/ balance/ cognitive Real Gym unit 1 + choose a multi-ability <b>Term 2:</b> Real PE - co-ordination/ balance/ creative Real Gym unit 2 + choose a multi-ability	<b>Term 1:</b> Real PE – agility/ balance/ physical Swimming <b>Term 2:</b> Real PE - agility/ balance/ health and fitness Swimming
<b>Year 5</b>	<b>Term 1:</b> Real PE - co-ordination/ agility/ cognitive Dance <b>Term 2:</b> Real Gym unit 1 + choose a multi-ability Invasion Games - Rugby	<b>Term 1:</b> Real PE - balance/ creative Outdoor and Adventurous Activities <b>Term 2:</b> Striking and Fielding – Cricket (Chance to Shine) Invasion Games - Netball	<b>Term 1:</b> Real PE – balance/ Social Swimming <b>Term 2:</b> Athletics Swimming
<b>Year 6</b>	<b>Term 1:</b> Real PE - balance/ agility/ physical Real Gym unit 2 + choose a multi-ability <b>Term 2:</b> Dance Indoor Athletics	<b>Term 1:</b> Real PE - balance/ co-ordination/ health and fitness Striking and Fielding – Rounders <b>Term 2:</b> Outdoor and Adventurous Activities Invasion Games - Hockey	<b>Term 1:</b> Real PE - coordination/ agility/ personal Swimming <b>Term 2:</b> Invasion Games - Basketball Swimming