

NORTHWAY COMMUNITY PRIMARY SCHOOL - Real PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Personal (Unit 1)	Social (Unit 2)	Cognitive (Unit 3)	Creative (Unit 4)	Applying Physical (Unit 5)	Health & Fitness (Unit 6)
	Coordination: Footwork (10) Static balance: One leg (1)	Agility: Jumping & Landing (6) Static balance: Seated (2)	Dynamic Balance: On a line (5) Static balance: Stance (4)	Coordination: Ball skills (9) Counter balance: With a partner (7)	Coordination: Sending & Receiving (8) Agility: Reaction & Response (12)	Agility: Ball chasing (11) Static balance: Floor Work (3)
Y1	Personal (Unit 1)	Social (Unit 2)	Cognitive (Unit 3)	Creative (Unit 4)	Applying Physical (Unit 5)	Health & Fitness (Unit 6)
	Coordination: Footwork (10) Static balance: One leg (1)	Agility: Jumping & Landing (6) Static balance: Seated (2)	Dynamic Balance: On a line (5) Static balance: Stance (4)	Counter balance: With a partner (7) Dance - Island Home (Cyc 1) Dance - Fantasy Creatures (Cyc 2)	Coordination: Sending & Receiving (8) Agility: Reaction & Response (12)	Agility: Ball chasing (11) Static balance: Floor Work (3)
Y2	Personal (Unit 1)	Social (Unit 2)	Cognitive (Unit 3)	Creative (Unit 4)	Applying Physical (Unit 5)	Health & Fitness (Unit 6)
	Coordination: Footwork (10) Static balance: One leg (1)	Agility: Jumping & Landing (6) Static balance: Seated (2)	Dynamic Balance: On a line (5) Static balance: Stance (4)	Counter balance: With a partner (7) Dance - Island Home (1) Dance - Fantasy Creatures (2)	Coordination: Sending & Receiving (8) Agility: Reaction & Response (12)	Agility: Ball chasing (11) Static balance: Floor Work (3)
Y3	Personal (Unit 1)	Social (Unit 2)	Cognitive (Unit 3)	Creative (Unit 4)	Applying Physical (Unit 5)	Swimming
	Coordination: Footwork (10) Static balance: One leg (1)	Agility: Jumping & Landing (6) Static balance: Seated (2)	Dynamic Balance: On a line (5) Dance - Lowry (Cycle 1) Dance - Egypt (Cycle 2)	Coordination: Sending & Receiving (8) Counter balance: With partner (7)	Agility: Reaction/Response (12) Static balance: Floor Work (3)	
Y3/4	Personal (Unit 1)	Social (Unit 2)	Cognitive (Unit 3)	Creative (Unit 4)	Swimming	Applying Physical (Unit 5)
	Coordination: Footwork (10) Static balance: One leg (1)	Agility: Jumping & Landing (6) Static balance: Seated (2)	Dynamic Balance: On a line (5) Dance - Lowry (Cycle 1) Dance - Egypt (Cycle 2)	Coordination: Sending & Receiving (8) Counter balance: With partner (7)		Agility: Reaction/Response (12) Static balance: Floor Work (3)
Y4	Personal (Unit 1)	Social (Unit 2)	Cognitive (Unit 3)	Swimming	Creative (Unit 4)	Applying Physical (Unit 5)
	Coordination: Footwork (10) Static balance: One leg (1)	Agility: Jumping & Landing (6) Static balance: Seated (2)	Dynamic Balance: On a line (5) Dance - Lowry (Cycle 1) Dance - Egypt (Cycle 2)		Coordination: Sending & Receiving (8) Counter balance: With partner (7)	Agility: Reaction/Response (12) Static balance: Floor Work (3)
Y5	Personal (Unit 1)	Cognitive (Unit 3)	Swimming	Social (Unit 2)	Creative (Unit 4)	Applying Physical (Unit 5)
	Coordination: Ball skills (9) Agility: Reaction/Response (12)	Coordination: Footwork (10) Dance: Maya (Cycle 1) Dance: London (Cycle 2)		Dynamic balance: On a Line (5) Counter balance: With a partner (7)	Static balance: Seated (2) Static balance: Floor Work (3)	Agility: Jumping & Landing (6) Static balance: One leg (1)
Y5/6	Personal (Unit 1)	Swimming	Cognitive (Unit 3)	Social (Unit 2)	Creative (Unit 4)	Applying Physical (Unit 5)
	Coordination: Ball skills (9) Agility: Reaction/Response (12)		Coordination: Footwork (10) Dance: Maya (Cycle 1) Dance: London (Cycle 2)	Dynamic balance: On a Line (5) Counter balance: With a partner (7)	Static balance: Seated (2) Static balance: Floor Work (3)	Agility: Jumping & Landing (6) Static balance: One leg (1)
Y6	Swimming	Cognitive (Unit 3)	Personal (Unit 1)	Social (Unit 2)	Creative (Unit 4)	Applying Physical (Unit 5)
		Coordination: Footwork (10) Dance: Maya (Cycle 1) Dance: London (Cycle 2)	Coordination: Ball skills (9) Agility: Reaction/Response (12)	Dynamic balance: On a Line (5) Counter balance: With a partner (7)	Static balance: Seated (2) Static balance: Floor Work (3)	Agility: Jumping & Landing (6) Static balance: One leg (1)