



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Real PE Foundations: Week 1-3: Pirates Week 3-6: Jungle Fundamental Skills (Static Balance: One	Real PE Foundations: Week 1-3: Tightrope Week 3-6: Cat Fundamental Skills	Real PE Foundations: Week 1-3: Train Week 3-6: Space Fundamental Skills	Real PE Foundations: Week 1-3: Juggler Week 3-6: Seaside Fundamental Skills	Real PE Foundations: Week 1-3: Bike Week 3-6: Clown Fundamental Skills	Real PE Foundations: Week 1-3: Fairy Tale Week 3-6: Squirrel Fundamental Skills
	Leg & Static Balance: Seated)	(Static Balance: Stance & Static Balance: Floor Work)	(Dynamic Balance: On a Line & Dynamic Balance to Agility: Jumping and Landing)	(Coordination: Sending and Receiving & Counter Balance: With a Partner)	(Coordination: Footwork & Coordination: Ball Skills)	(Agility: Reaction/Response & Agility: Ball Chasing)
Reception	Real PE Foundations: Week 1-3: Pirates Week 3-6: Jungle  Fundamental Skills (Static Balance: One Leg, Static Balance: Seated)	Real PE Foundations: Week 1-3: Tightrope Week 3-6: Cat  Fundamental Skills (Static Balance: Stance, Static Balance: Floor Work)	Real PE Foundations: Week 1-3: Train Week 3-6: Space Fundamental Skills (Dynamic Balance: On a Line, Dynamic Balance to Agility: Jumping and Landing)	Foundation Real PE: Unit 4: Creative  Fundamental Skills (Coordination: Ball Skills & Counter Balance: With a Partner)	Foundation Real PE: Unit 5: Physical  Fundamental Skills (Coordination: Sending and Receiving & Agility: Reaction/Response)	Foundation Real PE: Unit 6: Health and Fitness  Fundamental Skills (Agility: Ball Chasing & Static Balance: Floor Work)
Year 1	Year 1 Real PE: Unit 1: Personal  Fundamental Skills (Coordination: Footwork & Static Balance: One Leg)	Year 1 Real PE: Unit 2: Social  Fundamental Skills (Dynamic Balance to Agility: Jumping and Landing & Static Balance: Seated)	Year 1 Real Dance: Unit 1: Cognitive  Skills: Shape Solo, Artistry Musicality, Partnering Shapes Circles Solo, Artistry Abstraction, Artistry (Making)	Year 1 Real Gym: Unit 1: Creative Skills: Shape, Travel	Year 1 Real PE: Unit 5: Physical  Fundamental Skills (Coordination: Sending and Receiving & Agility: Reaction/Response)	Year 1 Real PE: Unit 6: Health and Fitness  Fundamental Skills (Agility: Ball Chasing & Static Balance: Floor Work)

PE



## **Long Term Plan**

Year 2	Year 2	Year 2	Year 2 Real	Year 2 Real Gym:	Year 2	Year 2
	Real PE:	Real PE:	Dance: Unit 1:	Unit 1: Creative	Real PE:	Real PE:
	Unit 1: Personal	Unit 2: Social	Cognitive	Office 11 Creditive	Unit 5: Physical	Unit 6: Health and
	one in cisonal	Offic 21 Social	Cognitive	Skills: Balance,	orne or raysical	Fitness
	Fundamental Skills	Fundamental Skills	Skills: Shapes Solo,	Travel	Fundamental Skills	1101000
	(Coordination: Footwork	(Dynamic Balance to	Partnering Shapes,		(Coordination:	Fundamental Skills
	& Static Balance: One	Agility: Jumping and	Circles Solo,		Sending and	(Agility: Ball Chasing
	Leg)	Landing & Static	Partnering Circles,		Receiving & Agility:	& Static Balance:
	-37	Balance: Seated)	Artistry Abstraction,		Reaction/Response)	Floor Work)
		,	Artistry (Making)			,
Year 3	Year 2	Year 2	Year 3 Real	Year 3	Year 3	Year 3 Real Gym:
	Real PE:	Real PE:	Dance: Unit 1:	Real PE:	Real PE:	Unit 1: Travel,
	Unit 1: Personal	Unit 2: Social	Cognitive	Unit 6: Health and	Unit 5: Physical	Rotation
				Fitness		
	Fundamental Skills	Fundamental Skills	Skills: Shapes Solo,		Fundamental Skills	
	(Coordination: Footwork	(Dynamic Balance to	Circles Solo,	Fundamental Skills	(Agility:	
	& Static Balance: One	Agility: Jumping and	Partnering Shapes,	(Agility: Ball Chasing	Reaction/Response	
	Leg)	Landing & Static	Partnering Circles,	& Static Balance:	& Static Balance:	
		Balance: Seated)	Artistry Abstraction,	Stance)	Floor Work)	
			Artistry (Making)			
				Rugby		
Year 4	Year 4	Year 4	Year 4 Real	Year 4	Year 4	Year 4 Real Gym:
	Real PE:	Real PE:	Dance: Unit 1:	Real PE:	Real PE:	Unit 1: Balance,
	Unit 1: Personal	Unit 2: Social	Cognitive		Unit 5: Physical	Rotation
	F 1 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	F 1 1 1 CU		Unit 6: Health and	F 1 1 1 CU	F 1 1 CI:
	Fundamental Skills	Fundamental Skills	Skills: Shapes Solo,	Fitness	Fundamental Skills	Fundamental Skills
	(Coordination: Footwork	(Dynamic Balance to	Circles Solo,	D l	(Agility:	(Agility: Ball Chasing
	& Static Balance: One	Agility: Jumping and	Partnering Shapes,	Rugby	Reaction/Response & Static Balance:	& Static Balance:
	Leg)	Landing & Static	Partnering Lifts, Partnering Circles,	Swimming		Stance)
		Balance: Seated)	Artistry (Making)	Swimming	Floor Work)	
			Swimming			



## MEADOWSIDE COMMUNITY PRIMARY & NURSERY SCHOOL

## **Long Term Plan**

Year 5	Year 5/6	Year 5/6	Year 5/6 Real	Year 5/6 Real	Year 5/6	Year 5/6
	Real PE:	Real PE:	Dance: Unit 1:	Gym: Unit 1: Hand	Real PE:	Real PE:
	Unit 1: Personal	Unit 2: Social	Cognitive	Apparatus, Low	Unit 5: Physical	Unit 6: Health and
				Apparatus	,	Fitness
	Fundamental Skills	Fundamental Skills	Skills: Shapes Solo,		Fundamental Skills	
	(Coordination: Ball Skills	(Dynamic Balance:	Circles Solo, Artistry	Year 5 –	(Dynamic Balance to	Fundamental Skills
	& Agility:	On a Line & Counter	Abstraction, Artistry	Swimming	Agility: Jumping and	(Coordination:
	Reaction/Response)	Balance: With a	Musicality,		Landing & Static	Sending and
		Partner)	Partnering Lifts,		Balance: One Leg)	Receiving & Agility:
		,	Artistry (Making)			Ball Chasing
			, , ,		Year 6 -	
			Year 5 –		Swimming	Year 6 -
			Swimming			Swimming
Year 6	Year 5/6	Year 5/6	Year 5/6 Real	Year 5/6 Real	Year 5/6	Year 5/6
	Real PE:	Real PE:	Dance: Unit 1:	Gym: Unit 1: Hand	Real PE:	Real PE:
	Unit 1: Personal	Unit 2: Social	Cognitive	Apparatus, Low	Unit 5: Physical	Unit 6: Health and
				Apparatus		Fitness
	Fundamental Skills	Fundamental Skills	Skills: Shapes Solo,		Fundamental Skills	
	(Coordination: Ball Skills	(Dynamic Balance:	Circles Solo, Artistry	Year 5 –	(Dynamic Balance to	Fundamental Skills
	& Agility:	On a Line & Counter	Abstraction, Artistry	Swimming	Agility: Jumping and	(Coordination:
	Reaction/Response)	Balance: With a	Musicality,		Landing & Static	Sending and
		Partner)	Partnering Lifts,		Balance: One Leg)	Receiving & Agility:
			Artistry (Making)			Ball Chasing
					Year 6 -	
			Year 5 –		Swimming	Year 6 -
			Swimming			Swimming
Buttercups	Year 2	Year 2	Year 2 Real	Year 2 Real Gym:	Year 2	Year 2
	Real PE:	Real PE:	Dance: Unit 1:	Unit 1: Creative	Real PE:	Real PE:
	Unit 1: Personal	Unit 2: Social	Cognitive		Unit 5: Physical	Unit 6: Health and
				Skills: Balance,		Fitness
	Fundamental Skills	Fundamental Skills	Skills: Shapes Solo,	Travel	Fundamental Skills	
	(Coordination: Footwork	(Dynamic Balance to	Partnering Shapes,		(Coordination:	Fundamental Skills
	& Static Balance: One	Agility: Jumping and	Circles Solo,		Sending and	(Agility: Ball Chasing
	Leg)	Landing & Static	Partnering Circles,		Receiving & Agility:	& Static Balance:
		Balance: Seated)			Reaction/Response)	Floor Work)

PE



## **Long Term Plan**

			Artistry Abstraction, Artistry (Making)			
Giant	Year 2	Year 2	Year 2 Real	Year 2 Real Gym:	Year 2	Year 2
Redwoods	Real PE:	Real PE:	Dance: Unit 1:	Unit 1: Creative	Real PE:	Real PE:
	Unit 1: Personal	Unit 2: Social	Cognitive		Unit 5: Physical	Unit 6: Health and
				Skills: Balance,	,	Fitness
	Fundamental Skills	Fundamental Skills	Skills: Shapes Solo,	Travel	Fundamental Skills	
	(Coordination: Footwork	(Dynamic Balance to	Partnering Shapes,		(Coordination:	Fundamental Skills
	& Static Balance: One	Agility: Jumping and	Circles Solo,		Sending and	(Agility: Ball Chasing
	Leg)	Landing & Static	Partnering Circles,		Receiving & Agility:	& Static Balance:
		Balance: Seated)	Artistry Abstraction,		Reaction/Response)	Floor Work)
			Artistry (Making)			,
					Year 6 -	Year 6 -
					Swimming	Swimming