



PE Long Term Plan



Sports coach – To lead CPD teaching skills based lessons around year group games.

	Autumn		Spring		Summer	
FS	Prompting gross motor skills using outdoor provision.	Travelling and changing speed. Balancing. Throwing and catching. Unit 1 Real PE	Skipping, jumping, hopping and running. Negotiate and changing direction. Unit 2 Real PE	Games/ OAA Development of balancing and coordination Unit 3 Real P.E Sports coach	Athletics Sports coach	Games Throwing and catching Unit 4 Real P.E Sports coach
Y1	Balance and co-ordination Unit 2 Real P.E Sports coach	Movement Skills (Unit 3 Real PE) Sports coach	Gymnastics (Unit 4 Real P.E) Sports coach	Games/ OAA (Unit 5 Real P.E)	Athletics	Games Attacking and defending
Y2	Dance Animal topic from I Moves	Sending and Receiving (Unit 5 Real P.E)	Gymnastics (Unit 2 Real P.E)	Games/ OAA Throwing and catching - Real PE Unit 4 Sports coach	Athletics Sports coach	Games Invasion games Sports coach
Y3	Co-ordination and footwork Unit 1 (Real P.E) Sports coach	Balance and agility Unit 2 Real P.E Sports coach	Games Unit 3 Real P.E Sports coach	Games/ OAA Unit 4 Real PE Striking and fielding	Athletics	Dance Greeks topic from iMoves
Y4 (Swimming- Fri am)	Co-ordination and footwork Unit 1 Real PE Personal	Dance Rainforests topic from iMoves	Dynamic Balance Unit 2 Real PE Social	Games Sending and receiving Unit 4 Real PE co-ordination	Athletics	Agility Unit 5 Real PE Reaction/Response
Y5	Dance Solar systems from iMoves Sports coach	Dynamic/Counter Balance Unit 3 (Real P.E) Sports coach	Gymnastics Unit 2 Real P.E Sports coach	Games/ OAA Invasion game Unit 1 Real P.E	Athletics	Games Rugby (Sports Coach)
Y6	Coordination and Ball Skills Unit 5 (Real P.E)/ Circuits	Games/ OAA Tag Rugby Orienteering	Gymnastics Unit 4 Real P.E Football	Dance/Zumba Football Cont. Sports coach	Athletics Sports coach	Games Rounders Sports coach