

Rossett Acre Primary School – PE Long Term Plan

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
COG FOCUS	Personal	Social	Cognitive	Creative	Physical	Health and fitness
REAL PE FS/ KS1	Coordination – Footwork	Dynamic Balance to Agility- Jumping and Landing	Dynamic Balance – On a Line	Coordination – Ball Skills	Coordination – Sending and Receiving	Agility – Ball Chasing
	Static Balance – One Leg	Static Balance - Seated	Static Balance – Stance	Counter Balance – With a Partner	Agility – Reaction/ Response	Static Balance – Floor Work
EYFS	Getting changed/Listening to Instructions Zip Active PE Scheme	Getting changed/Listening to Instructions Zip Active PE Scheme	REAL PE Ready Set Ride – Prepare 2 Ride	REAL PE Ready Set Ride – Prepare 2 Ride	REAL PE Ready Set Ride – Skills to Ride Balance	REAL PE Ready Set Ride – Skills to Ride Balance
YEAR 1	REAL PE Ball Skills	REAL PE Dance	REAL PE Gymnastics	REAL PE Midi Fencing	REAL PE Athletic Development	REAL PE Athletic Development
YEAR 2	REAL PE Multi-Skills (CPD)	REAL PE Gymnastics	REAL PE – Unit 5 The Circus – External	REAL PE Striking and Fielding	REAL PE/ SWIMMING Dance	REAL PE/ SWIMMING Athletic Development
REAL PE LKS2	Coordination – Footwork	Dynamic Balance to Agility – Jumping and Landing	Dynamic Balance – On a Line	Coordination – Sending and Receiving	Agility – Reaction/Response	Agility – Ball Chasing
YEAR 3	REAL PE Invasion games	REAL PE Tudor Dance	REAL PE Iron Man Dance	REAL PE Archery Arrows	REAL PE Net and Wall Games- Tennis	REAL PE Striking and Fielding Games
YEAR 4	Invasion Games – Quick Sticks Hockey REAL PE - Gymnastics Or Swimming - AW	Dance – WW2 REAL PE or Swimming - AW	Tri-Golf REAL PE Or Swimming– AI/LS	Gymnastics REAL PE or Swimming– AI/LS	REAL PE Striking and Fielding Skills (Cricket)	REAL PE Athletics

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REAL PE UKS2	Coordination – Ball Skills	Static Balance – Floorwork	Dynamic Balance – On a Line	Dynamic Balance to Agility – Jumping and Landing	Static Balance - Stance	Coordination – Sending and Retrieving
	Agility – Action Response	Static Balance – Seated	Counter Balance – with a Partner	Static Balance – One Leg	Coordination - Footwork	Agility – Ball Chasing
YEAR 5	REAL PE Netball	Sitting volleyball Archery	Football (CPD) Fencing	Mayan ball games Cricket	REAL PE Dance - Kenyan	REAL PE Athletics
YEAR 6	Team Building Tag Rugby	Twentieth Century Dance Tag Rugby	REAL PE Spy Training/Circuit Training	REAL PE Basketball	REAL PE Rounders	REAL PE Athletics