

PHYSICAL EDUCATION LONG TERM PLAN

KS1 & KS2 PE ANNUAL OVERVIEW

Laburnum Primary School follows the REAL PE scheme for Gym, dance and skills based activities and progression. In addition, invasion, net and striking games are taught in KS2 together with OAA. Swimming is taught in all year groups in the school swimming pool. If the school pool becomes unavailable, Year 5/6 attend a local pool.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	REAL PE: Unit 1 Personal Cog	REAL PE: Unit 2 Social Cog	REAL PE: Unit 3 Cognitive Cog	REAL PE: Unit 4 Creative Cog	REAL PE: Unit 5 Applying Physical Cog	REAL PE: Unit 6 Health and Fitness Cog
	REAL GYM Personal Cog	REAL Dance / Movement Social Cog	Kurling / Boccia	REAL GYM Creative Cog	Athletics	Swimming
Year 2	REAL PE: Unit 1 Personal Cog	REAL PE: Unit 2 Social Cog	REAL PE: Unit 3 Cognitive Cog	REAL PE: Unit 4 Creative Cog	REAL PE: Unit 5 Applying Physical Cog	REAL PE: Unit 6 Health and Fitness Cog
	REAL GYM Personal Cog	REAL Dance / Movement Social Cog	Tennis	(Kwik) Cricket KS1 – Y2 www.primaryplanning.com	Athletics	Swimming
Year 3	REAL PE: Unit 1 Personal Cog	REAL PE: Unit 2 Social Cog	REAL PE: Unit 3 Cognitive Cog	REAL PE: Unit 4 Creative Cog	REAL PE: Unit 5 Applying Physical Cog	REAL PE: Unit 6 Health and Fitness Cog
	REAL GYM Personal Cog	REAL Dance / Movement Social Cog	Football	Hockey	Athletics/ Seated Volleyball	Swimming
Year 4	REAL PE: Unit 1 Personal Cog	REAL PE: Unit 2 Social Cog	REAL PE: Unit 3 Cognitive Cog	REAL PE: Unit 4 Creative Cog	REAL PE: Unit 5 Applying Physical Cog	REAL PE: Unit 6 Health and Fitness Cog
	REAL GYM Personal Cog	REAL Dance / Movement Social Cog	Tag Rugby (twinkl planning)	Netball	Athletics /Rounders	Swimming
Year 5	REAL PE: Unit 6 Personal Cog	Outdoor Adventurous Activity (OAA)	REAL PE: Unit 1 Cognitive Cog	Tennis	REAL PE: Unit 4 Applying Physical Cog	Cricket
	REAL GYM Personal Cog	REAL Dance / Movement Social Cog	Football	Hockey	Athletics / Play Leader Games	Swimming
Year 6	REAL PE: Unit 3 Social Cog	Tag rugby	Outdoor Adventurous Activity (OAA)	REAL PE: Unit 2 Creative Cog	Cricket / Rounders	REAL PE: Unit 5 Health and Fitness Cog
	REAL GYM Social Cog	Dance / Movement https://www.bbc.co.uk/teach/class-clips-video/street-dance-masterclass/zh2vpg8 (street dance via the BBC teach program)	Lacrosse	Netball / Basketball	Athletics / Team Games	Swimming

The National Curriculum states

A high-quality physical education curriculum inspires all students to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for students to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

Its aims are for students to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities and lead healthy, active lives.

The requirements for P.E. at THE END of Key Stage one are that students should:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

The requirements for P.E. at THE END of Key Stage Two are that students should:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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YEAR 1

	Unit Title	Knowledge and skills	Specific resources
Year 1 Autumn 1	REAL PE– Unit 1 Personal Cog Coordination footwork Static Balance – one leg	<ul style="list-style-type: none"> Students will learn to side step, gallop and hop with fluency and control, leading with either leg. Students will learn to balance on one leg and the other for 10 seconds. <p>Personal learning Intention</p> <ul style="list-style-type: none"> I enjoy working on simple tasks with help I can follow instructions, practise safely and work on simple tasks by myself. 	<ul style="list-style-type: none"> REAL PE platform and videos Hall Low apparatus (bench low table) Mats
		Progression After exploring movement freely in Reception, students will begin to develop fluency, competence and consistency using both sides of their body.	Key vocabulary Side step, gallop, hop, balance hold, travel left right
Year 1 Autumn 1	REAL GYM Personal cog	<ul style="list-style-type: none"> Students will learn to jump off and onto, hop, ‘sissonne’ (take off with both feet and land on one) and leap safely on the floor, low and large apparatus. Students will learn simple rolls, such as egg roll, patter turn and pencil roll safely. 	<ul style="list-style-type: none"> REAL PE platform and videos Hall mats Low apparatus (bench low table) Large apparatus (tables, benches, hall gym equipment).
		Progression After exploring movement freely in Reception, students will begin to develop fluency, competence and consistency using both sides of their body.	Key vocabulary jump, soft spongy knees, leap, pencil jump, roll, egg roll, patter turn, pencil roll, straight, pointed, flexed.
Year 1 Autumn 2	REAL PE Unit 2 – Social Cog Dynamic balance – jumping and landing Static balance - seated	<ul style="list-style-type: none"> Students will learn to jump and land safely. Students will learn to jump side to side and front to back Students will learn to balance in a seated position. Students will learn to make standing, long and floor shapes. <p>Social Learning Intentions</p> <ul style="list-style-type: none"> I can play with others and take turns and share with help. I can work sensibly with others, take turns and share. 	<ul style="list-style-type: none"> REAL PE platform and videos Music mats
		Progression This unit builds on the simple movements introduced in Autumn 1	Key vocabulary Jump. Land, soft, start, finish, stand, floor, move, balance

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	Unit Title	Knowledge and skills	Specific resources
Year 1 Autumn 2	REAL Dance -Social Cog	<ul style="list-style-type: none"> Students will learn to make standing, long and floor shapes. Students will learn to combine shapes into a dance sequence. Students will learn to progress their shapes into partner work. Students will learn to move their body between shapes and explore circles. Students will learn to work with a partner to create a simple movement sequence based on previous learning. 	<ul style="list-style-type: none"> REAL PE platform and videos Music (optional) mats
		<p>Progression</p> <p>Students may have explored movement to music during their Reception experience.</p>	<p>Key vocabulary</p> <p>floor, move, sequence, dance partner, explore, imagine. Circles – big, turning and jumping.</p>
	Unit title	Knowledge and skills	Specific resources
Year 1 Spring 1	REAL PE Unit 3 Cognitive Cog Dynamic balance – on a line Static balance - stance	<ul style="list-style-type: none"> Students will learn to balance whilst walking forward and backwards in a straight line using a range of steps. Students will learn to balance on a line or low beam with a good stance for 10 seconds. <p>Cognitive Learning Intentions</p> <ul style="list-style-type: none"> I can follow simple instructions I can name some things I am good at I can understand and follow simple rules. 	<ul style="list-style-type: none"> REAL PE platform and videos Low benches Hall or playground Lines or tape
		<p>Progression</p> <p>Students will have experimented with different ways of moving.</p>	<p>Key vocabulary</p> <p>Balance, move, forwards and backwards, hold, stance</p>
	Unit title	Knowledge and skills	Specific resources
Year 1 Spring 1	Boccia and Kurling	<ul style="list-style-type: none"> Students will learn the simple rules of Kurling and Boccia Students will learn how to slide a stone towards a target with some accuracy and control Students will learn how to throw or roll a ball towards a target. 	<ul style="list-style-type: none"> Hall or playground Kurling sets Boccia sets
		<p>Progression</p> <p>Students will have had opportunities to roll and throw balls in Reception.</p>	<p>Key vocabulary</p> <p>Kurling, Boccia, stone, target, roll, throw, underarm, aim</p>

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	Unit title	Knowledge and skills	Specific resources
Year 1 Spring 2	REAL PE Unit 4 – creative Cog Co-ordination Ball skills Counter balance – sending and receiving with a partner	<ul style="list-style-type: none"> Students will learn to roll a ball with control, up, down and around their bodies both seated and standing. Students will learn how to balance and counterbalance. Students will learn a variety of ways to travel on the floor, and using apparatus. <p>Creative Learning Intentions:</p> <ul style="list-style-type: none"> I can observe and copy others. I can explore and describe different movements. <p>Progression</p> <p>Students will have had experience of playing with and using balls. They will have had limited experience of using the hall apparatus (Autumn 1)</p>	<ul style="list-style-type: none"> REAL PE platform and videos Balls of various sizes <p>Key vocabulary</p> <p>Roll, up, down around to and from.</p>
Year 1 Spring 2	REAL PE Gym creative Cog – shape and travel.	<ul style="list-style-type: none"> Students will learn to roll a ball with control, up, down and around their bodies both seated and standing. Students will learn how to balance and counterbalance. Students will learn a variety of ways to travel on the floor, and using apparatus. <p>Progression</p> <p>Students will have had experience of playing with and using balls. They will have had limited experience of using the hall apparatus (Autumn 1)</p>	<ul style="list-style-type: none"> Balls of various sizes (large and medium) Hall and apparatus <p>Key vocabulary</p> <p>Roll, up, down around to and from. Shape, travel, on top, under, over, through, handing, straight, in contact, front support, back support, arch, dish, tuck, pike, straddle. Slide climb</p>
Year 1 Summer 1	REAL PE Unit 5 – Physical Cog Co-ordination sending and receiving Agility – reaction and response	<ul style="list-style-type: none"> Students will use some of the skills they have learnt to roll a ball with control to a partner with both left and right hands and receive a ball using both hands. <p>Physical Learning Intentions</p> <ul style="list-style-type: none"> I can move confidently in different ways I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together. <p>Progression</p> <p>Students may have had the opportunity to take part in a simple sports morning.</p>	<ul style="list-style-type: none"> REAL PE platform and videos Balls <p>Key vocabulary</p> <p>Control, speed, force, left and right, roll,</p>

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	Unit title	Knowledge and skills	Specific resources
Year 1 Summer 1	Athletics	<ul style="list-style-type: none"> Students will use some of the skills they have learnt to run in a straight line in a race, use equipment safely, jump over or through equipment such as hoops or hurdles), balance a bean bag or similar. 	<ul style="list-style-type: none"> Hoops Beanbags Balls Other equipment such as spots, cones and hurdles may be used.
		<p>Progression</p> <p>Students may have had the opportunity to take part in a simple sports morning.</p>	<p>Key vocabulary</p> <p>Direction, finish line, lane, obstacle, group, team.</p>
Year 1 Summer 2	REAL PE Unit 6 – Health and fitness Cog Agility – ball chasing Static Balance - floor work	<ul style="list-style-type: none"> Students will learn how to roll, chase and collect a ball using both hands in a balanced position. Students will learn to hold a min front support maintain balance throughout. Students will learn about why they sweat, feel warmer and their heart beats faster during and after exercise. Students will learn that exercise is beneficial to overall health and wellbeing as well as the positive effects on muscles, especially the heart. <p>Health and fitness Learning Intentions:</p> <ul style="list-style-type: none"> I am aware of the changes to the way I feel when I exercise, I am aware of why exercise is important for good health. 	<ul style="list-style-type: none"> REAL PE platform and videos balls
		<p>Progression</p> <p>Students will have been in the school swimming pool (as long as they were in our Reception unit) and some may be having swimming lessons outside of school.</p>	<p>Key vocabulary</p> <p>Heart, lungs, muscles, strong, healthy, heartbeat, sweat, warm, mind and body.</p>
Year 1 Summer 2	Swimming	<ul style="list-style-type: none"> Students will learn how to enter and exit a pool safely. Students will learn how to use a float and woggle effectively. Students will learn the basic arm and leg movement for a front crawl. Students will be encouraged to adopt a ‘star’ shape floating position. Students will be encouraged to blow bubbles with mouth in the water. 	<ul style="list-style-type: none"> Swimming pool Tummy band floats Floats Woggles Ball and other floating toys
		<p>Progression</p> <p>Students will have been in the school swimming pool (as long as they were in our Reception unit) and some may be having swimming lessons outside of school.</p>	<p>Key vocabulary</p> <p>Safely, float, walk, scoop (with arms), tight fingers, fast feet, straight legs, blow bubbles, swim, front crawl arms.</p>

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YEAR 2

	Unit Title	Knowledge	Specific resources
Year 2 Autumn 1	REAL PE– Unit 1 Personal Cog Coordination footwork Static Balance – one leg	<ul style="list-style-type: none"> Students will learn to combine side steps, with 180-degree front and reverse pivots off either foot. Students will continue to practise a gallop and hop with fluency and control, leading with either leg. Students will learn to skip with knee to opposite elbow Students will learn to hopscotch forwards and backwards. <p>Personal Learning Intentions:</p> <ul style="list-style-type: none"> I can follow instruction, practise safely and work on simple tasks by myself. I try several times if at first I don't succeed and I ask for help when appropriate. <p>Progression</p> <p>This unit progresses learner's knowledge and skill in balancing on one side and then the other side of their body and the importance of control.</p>	<ul style="list-style-type: none"> REAL PE platform and videos Hall Low apparatus (benches tables) Mats <p>Key vocabulary</p> <p>Side step, gallop, hop, balance hold, travel left right, along, under through slide</p>
Year 2 Autumn 1	REAL GYM Personal Cog	<ul style="list-style-type: none"> Students will learn to jump off and onto, hop, 'sissonne' (take off with both feet and land on one) and leap safely on the floor, low and large apparatus. Students will learn to balance on one leg and the other for 10 seconds. Students will learn simple rolls, such as egg roll, patter turn, pencil roll safely Students will learn to combine a simple jump and roll. <p>Personal Learning Intentions:</p> <ul style="list-style-type: none"> I have begun to challenge myself. I can try several times in order to succeed. I can practise safely and work on simple tasks by myself. <p>Progression</p> <p>In gymnastics students will progress their knowledge and skill in travelling in a variety of ways and extending jumps to include tuck and star.</p>	<ul style="list-style-type: none"> REAL PE platform and videos Hall Low apparatus (benches tables) mats <p>Key vocabulary</p> <p>leap, balance, left, right, roll, egg roll, patter turn, pencil roll, tuck, star, turn, straight, pointed, flexed. Along, under, through, slide.</p>
Year 2 Autumn 2	REAL PE Unit 2 – Social Cog Dynamic balance – jumping and landing Static balance - seated	<ul style="list-style-type: none"> Students will learn to jump and land incorporating turns. Students will learn to jump from two feet to one. (either foot) <p>Social Learning Intentions:</p> <ul style="list-style-type: none"> I can work sensibly with others, taking turns and sharing. I can help, praise and encourage others in their learning. <p>Progression</p> <p>Students will have explored and practised simple jumps and landing in Year 1. Wider range of jumps and emphasis on control.</p>	<ul style="list-style-type: none"> REAL PE platform and videos Benches in the hall <p>Key vocabulary</p> <ul style="list-style-type: none"> Jump. Land, soft, start, finish, stand, floor, move,

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	Unit title	Knowledge and skills	Specific resources
Year 2 Autumn 2	REAL PE Dance Social Cog	<ul style="list-style-type: none"> Students will learn to combine several movements into a dance sequence Students will learn to work with a partner to create a 5 movement sequence. Students will learn to control circular movements. 	<ul style="list-style-type: none"> REAL PE platform and videos Scarves or ribbons. Music (optional)
		<p>Progression</p> <p>Students will have created a simple movement sequence in their dance unit in Year 1.</p>	<p>Key vocabulary</p> <p>sequence, dance partner, explore, imagine, create. Circles – big, turning, jumping.</p>
	Unit title	Knowledge and skills	Specific Resources
Year 2 Spring 1	REAL PE Unit 3 Cognitive Cog Dynamic balance – on a line Static balance - stance	<ul style="list-style-type: none"> Students will learn Students will learn to balance whilst walking forward and backwards in a straight line using a range of steps. Students will learn to balance on a line or low beam with a good stance for 10 seconds. <p>Cognitive Learning Intentions:</p> <ul style="list-style-type: none"> I can understand and follow simple rules. I can name some things I am good at. I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well. 	<ul style="list-style-type: none"> REAL PE platform and videos Lines (painted or other) Hoops and cones.
		<p>Progression</p> <p>Students have practised balancing skills in year 1.</p>	<p>Key vocabulary</p> <p>Balance, move, forwards and backwards, hold, stance, fluidly.</p>
	Unit title	Knowledge and skills	Specific Resources
Year 2 Spring 1	Tennis Skills	<ul style="list-style-type: none"> Students will learn basic throwing and catching (sending and receiving, underarm with increasing accuracy and control. Students will learn to use a tennis racket and hit a ball with some control. 	<ul style="list-style-type: none"> Lines (painted or other) Tennis balls and rackets (23 inch) Net Hoops and cones.
		<p>Progression</p> <p>Students will have had practise sending and receiving a ball in year 1, using an underarm technique. They will have explored rolling with some control and accuracy (Kurling and Boccia)</p>	<p>Key vocabulary</p> <p>Racket, underarm, roll, send, receive, grip, stance, swing,</p>

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Year 2 Spring 2	REAL PE Unit 4 – creative cog Co-ordination Ball skills Counter balance – sending and receiving with a partner	<ul style="list-style-type: none"> Students will learn to control a ball with one hand in seated and standing positions. Students will learn to perform a standing counter balance with a partner. Creative Learning Intentions <ul style="list-style-type: none"> I can explore and describe different movements. I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme. 	<ul style="list-style-type: none"> Balls of various sizes
		Progression In this unit, children build on the previous learning of ball control and counterbalancing, this time in a standing position.	Key vocabulary Roll, up, down around, to and from balance, counter balance, hold, lean.
Year 2 Spring 2	Cricket Skills	<ul style="list-style-type: none"> Students will learn to bowl underarm Students will learn to develop a batting technique. Students will learn the basic vocabulary of the game of cricket. Students will learn to play a simplified version of cricket. 	<ul style="list-style-type: none"> Cricket equipment Tennis balls
		Progression Cricket skills are similar to initial tennis skills – accurate sending and receiving so lessons will consolidate this skill. They will have explored rolling with some control and accuracy (Kurling and Boccia)	Key vocabulary Stance, swing, batter, fielder, bowler, grip, technique. Close catch, wicket, overarm, deep fielding, stumps.
Year 2 Summer 1	REAL PE Unit 5 – Physical Cog Applying physical Co-ordination sending and receiving Agility – Reaction and response	<ul style="list-style-type: none"> Students will learn to send and receive balls of different sizes in a variety of ways with increasing accuracy. Students will learn to perform a sequence of movements with some changes in level, direction or speed. Physical Learning Intentions. <ul style="list-style-type: none"> I can perform a range of skills with some control and consistency. 	<ul style="list-style-type: none"> REAL PE platform and videos Balls – large, medium and small. Field Balls – large, medium and small.
		Progression Students will have had practice of sending and receiving both in year 1 and in their tennis and cricket lessons This unit builds accuracy and control, rolling, bouncing and throwing using both hands and moving onto one hand with movement.	Key vocabulary Maintaining control, roll, bounce, catch, one handed.

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	Unit title	Knowledge and Skills	Specific resources
Year 2 Summer 1	Athletics/ sports day practice	<ul style="list-style-type: none"> Students will learn to jump for height and length. Students will learn to throw a foam javelin with some control and accuracy. Students will learn to run in a straight line in a competitive environment. 	<ul style="list-style-type: none"> Field Hoops, balls, hurdles, javelins, bean bags etc.
		<p>Progression</p> <p>Skills learn over the year will facilitate throwing and jumping activity. Students will have competed in sports day previously.</p>	<p>Key vocabulary</p> <p>Direction, finish line, lane, obstacle, group, team length, height, lane, team, line, javelin,</p>
Year 2 Summer 2	REAL PE Unit 6 – Health and fitness Cog Health and fitness Agility – ball chasing Static balance – floor work Swimming	<ul style="list-style-type: none"> Students will know why they sweat, feel warmer and their heart beats faster during and after exercise. Students will learn that exercise is beneficial to overall health and wellbeing as well as the positive effects on muscles, bones and lungs. Students will learn to send and receive balls of different sizes in a variety of ways with increasing accuracy. Students will perform a range of skills with some control and consistency. Students will perform a sequence of movements with some changes in level, direction and speed. <p>Health and fitness Learning Intentions</p> <ul style="list-style-type: none"> I am aware of why exercise is important for good health. I can say how my body feels before, during and after exercise, I can use equipment appropriately and move and land safely. 	<ul style="list-style-type: none"> REAL PE platform and videos balls
		<p>Progression</p> <p>This unit progresses learners’ knowledge and understanding of physical activity, its importance and effects on their body. Also increases the strength of core muscles in mini front support.</p>	<p>Key vocabulary</p> <p>Health, exercise, control, consistent, level, direction, speed.</p>

	Unit title	Knowledge and Skills	Specific resources
Year 2 Summer 2	Swimming	<ul style="list-style-type: none"> ▪ Students will learn how to enter and exit a pool safely. ▪ Students will learn how to use a float and woggle effectively to front and back paddle 5 metres. ▪ Students will learn the basic arm and leg movement for a front crawl. ▪ Students will learn a push and glide from front and back. ▪ Students will learn and treading water action. ▪ Students will be encouraged to adopt a 'star' shape floating position for 10 seconds. ▪ Students will be encouraged to blow bubbles with mouth in the water. ▪ Students will be encouraged to practice breathing out in the water. 	<ul style="list-style-type: none"> ▪ REAL PE platform and videos ▪ Swimming pool ▪ Tummy band floats ▪ Floats ▪ Woggles ▪ Ball and other floating toys
		<p>Progression</p> <p>This unit progresses learners' confidence in the water and begins to develop basic swimming skills.</p>	<p>Key vocabulary</p> <p>Safely, float, walk, scoop (with arms), tight fingers, fast feet, straight legs, star shape, push and glide, tread water, technique, front crawl</p>

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YEAR 3

	Unit Title	Knowledge and Skills	Specific resources
Year 3 Autumn 1	REAL PE– Unit 1 Personal Cog Coordination footwork Static Balance – one leg	<p>Personal best is introduced in Year 3</p> <ul style="list-style-type: none"> Students will work on movement and balance skills and attempt to improve their performance. Students will create a movement sequence and develop a mirroring activity. Students will learn to skip with knee to opposite elbow Students will learn to hopscotch forwards and backwards, alternating leg each time. Students will learn to complete a 3 step zig zag pattern forwards and backwards. <p>Personal Learning Intentions:</p> <ul style="list-style-type: none"> I try several times if at first I don't succeed and I ask for help when appropriate. I know where I am with my learning and I have begun to challenge myself. 	<ul style="list-style-type: none"> REAL PE platform and videos Hall Low apparatus
		<p>Progression</p> <p>Builds on the previous learning in KS1 with a more complex objective involving a larger range of movement and muscles, accuracy and partner work.</p>	<p>Key vocabulary</p> <p>Side step, gallop, hop, skip. Zig zag, alternate leg, fluency, control , copy, mirror, improve, personal best</p>
Year 3 Autumn 1	REAL PE Gym Personal Cog	<ul style="list-style-type: none"> Students will combine jumps and movement incorporating a variety of level and / or direction Students will work to improve the quality of a simple sequence individually and with a partner. Students will work on apparatus individually and with partners to produce a sequence of movements that include balance and travel. 	<ul style="list-style-type: none"> REAL PE platform and videos Low apparatus Hall Large apparatus Balls / bean bags
		<p>Progression</p> <p>This progresses the jumps, balance and travel from KS1 to include movement between and connection of movement.</p>	<p>Key vocabulary</p> <p>jump, soft spongy knees, leap, balance, travel, left, right, straight, pointed, flexed. Mirror, canon, unison contrast</p>
Year 3 Autumn 2	REAL PE Unit 2 – Social Cog	<ul style="list-style-type: none"> Students will learn to jump in a tuck position and rotate 180 degrees maintaining control throughout. Students will use a variety of jumps to create a route and also copy others routes. <p>Social Learning Intentions:</p> <ul style="list-style-type: none"> I can help, praise and encourage others in their learning. I show patience and support others, listening carefully to them about our work I am happy to show and tell them about my ideas. 	<ul style="list-style-type: none"> REAL PE platform and videos Floor spots and hoops
		<p>Progression</p> <p>Builds on co-ordination strength, accuracy and control when jumping.</p>	<p>Key vocabulary</p> <p>Jump. Land, soft, start, finish, stand, floor, move, create, combine, alternate, copy,</p>

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	Unit title	Knowledge and Skills	Specific resources
Year 3 Autumn 2	REAL Dance – Social Cog	<ul style="list-style-type: none"> Students will perform a movement sequence (motif) using circles, jumps shapes and movement between shapes. 	<ul style="list-style-type: none"> REAL PE platform and videos
		<p>Progression</p> <p>Moves the basic circle skills from year 2 into a more complex motif.</p>	<p>Key vocabulary</p> <p>Circle, copy, canon, mirror motif.</p>
	Unit title	Knowledge and Skills	Specific resources
Year 3 Spring 1	REAL PE Unit 3 Cognitive Cog	<ul style="list-style-type: none"> Students will work with a partner to attempt a simple course and better their best. Students will travel, turn and balance on apparatus, incorporating hand apparatus Students will learn to walk forward and backwards on a line with balance using a variety of steps. Students will experiment, using the different levels of apparatus and different movement patterns, with changes of speed to invent an original sequence. <p>Cognitive Learning Intentions:</p> <ul style="list-style-type: none"> I can talk about the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement. 	<ul style="list-style-type: none"> REAL PE platform and videos Floor spots Tap measure Cones hoops
		<p>Progression</p> <p>Directly progresses from year 3 to create and experiment with original movement sequences emphasising control and balance throughout.</p>	<p>Key vocabulary</p> <p>personal best, compare contrast, mirror. Tactics, improve</p>
	Unit title	Knowledge and Skills	Specific resources
Year 3 Spring 1	Football	<ul style="list-style-type: none"> Students will learn how to control and dribble a ball. Students will learn the simple tactics of attacking and defending. Students will learn how to pass and intercept a ball. 	<ul style="list-style-type: none"> Goal posts, balls, cones, hoops.
		<p>Progression</p> <p>A lot of the skills are introduced in the REAL PE lessons throughout KS1. Learning basic positions and rules whilst practising skills in game situations prepare for game play in year 5.</p>	<p>Key vocabulary</p> <p>Defend attack goalie, dribble. Shoot, pass, tactics, team, position, rules.</p>
	Unit title	Knowledge and Skills	Specific resources
Year 3 Spring 2	REAL PE Unit 4 – Creative Cog	<p>Students will send and receive a variety of different sized balls against a wall or with a partner in a variety of different ways.</p> <p>Creative Learning Intentions:</p> <p>I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression.</p>	<ul style="list-style-type: none"> REAL PE platform and videos Balls Hoops spots
		<p>Progression</p> <p>This unit begins to encourage students to create their own movement sequences and begin to take ownership of their learning with support.</p>	<p>Key vocabulary</p> <p>Roll, up, down around, to and from balance, counter balance, hold, lean, create, different similar,</p>

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	Unit title	Knowledge and Skills	Specific resources
Year 3 Spring 2	Hockey	<ul style="list-style-type: none"> Students will learn simple rules and positions of hockey. (e.g. stick height, defenders, attackers goal keeper) Students will learn how to dribble, pass and shoot using a hockey stick correctly. Students will learn the basic tactics of attacking and defending in hockey. 	<ul style="list-style-type: none"> Goal posts Hockey sticks tennis or air balls.
		Progression	Key vocabulary
		Students will have learnt how to control a ball using feet, hands and rackets. This will be the first introduction to using hockey sticks and the game of hockey.	Defend attack goalie, dribble. Shoot, pass, tactics, team, position, rules.
	Unit title	Knowledge and Skills	Specific resources
Year 3 Summer 1	REAL PE Unit 5 – Physical Cog Applying physical	<ul style="list-style-type: none"> Students will learn to send and receive balls of different sizes in a variety of ways with increasing accuracy and combine with a range of movements and balance. <p>Learning objectives:</p> <ul style="list-style-type: none"> I can perform and repeat sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency. 	<ul style="list-style-type: none"> REAL PE platform and videos Balls – large, medium and small. Field Hoops, balls, hurdles, javelins, bean bags etc.
		Progression	Key vocabulary
		Tis unit begins to combine the movement and ball skills taught in KS1.	Maintaining control, accurate, improve, balance, roll, bounce, catch, one handed.
	Unit title	Knowledge and Skills	Specific resources
Year 3 Summer 1	Athletics /cricket (lessons1 and 2 of cricket lesson plan)	<ul style="list-style-type: none"> Students will work on improving technique and performance when jumping for height and length and throwing. Students will develop their batting technique Students will develop their underarm bowling techniques 	<ul style="list-style-type: none"> REAL PE platform and videos Balls – large, medium and small. Field Hoops, hurdles, javelins, bean bags...
		Progression	Key vocabulary
		Students will have learnt some cricket skills in Year 2 (kwik cricket) They will have been introduced to athletics in year 2 and some of the personal challenges during the year relate to jumping for length and height.	Direction, finish line, lane, obstacle, group, team, length, height, lane, team, line, javelin, pull back, push off,
	Unit title	Knowledge and skills	Specific resources
Year 3 Summer 2	REAL PE Unit 6 – Health and fitness Cog	<ul style="list-style-type: none"> Students will bounce, chase and collect a ball with increasing control and balance. Students will work individually and with a partner to come up with individual ball chasing combinations involving different start positions, movements, tunnels and finishing positions. <p>Learning objectives:</p> <ul style="list-style-type: none"> I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down. 	<ul style="list-style-type: none"> REAL PE platform and videos Balls low apparatus
		Progression	Key vocabulary
		Students are now combining previously learnt skill into more complex series of movements.	<ul style="list-style-type: none"> Start, position, finish, tunnel, balance, travel, turn. High low, direction, warm up, cool down.

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	Unit title	Knowledge and Skills	Specific resources
Year 3 Summer 2	Swimming	<ul style="list-style-type: none"> ▪ Students will know how to enter and exit a pool safely. ▪ Students will know how to use a float and woggle effectively to front and back paddle 5 metres. ▪ Students will know the basic arm and leg movement for a front crawl. ▪ Students will learn a push and glide from front and back. ▪ Students will learn and treading water action. ▪ Students will adopt a 'star' shape floating position for at least 10 seconds. ▪ Students will continue to practice breathing out in the water. ▪ Students will practice a front and back crawl arm and leg movement (with floatation aids) ▪ Students will swim 5 metres unaided on front, roll and swim 5 metres on back ▪ Students will perform 12 metres of front crawl leg action whilst blowing bubbles. 	<ul style="list-style-type: none"> ▪ REAL PE platform and videos ▪ Swimming pool ▪ Tummy band floats (for some) ▪ Floats ▪ Woggles ▪ Ball and other floating toys
		<p>Progression</p> <p>This continues to build on experience from KS1 and builds endurance and stroke specific skills.</p>	<p>Key vocabulary</p> <p>Safely, scoop (with arms), tight fingers, fast feet, straight legs, star shape, push and glide, tread water, technique, front crawl, back stroke.</p>

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YEAR 4

	Unit Title	Knowledge and Skills	Specific resources
Year 4 Autumn 1	REAL PE– Unit 1 Personal Cog Coordination footwork Static Balance – one leg	<ul style="list-style-type: none"> Students will attempt to better their personal best Students will learn to complete a 3 step zig zag pattern forwards and backwards with increasing speed. Students will learn to skip with knee to opposite elbow Students will learn to hopscotch forwards and backwards, alternating leg each time with increasing control, fluency, balance and increasing speed. <p>Personal Learning Intentions:</p> <ul style="list-style-type: none"> I know where I am with my learning and I have begun to challenge myself. I can combine learnt movements with fluency and control. 	<ul style="list-style-type: none"> REAL PE platform and videos Spots or lines.
		<p>Progression</p> <p>This continues to build all fundamental skills of Agility Balance and Co- ordination adding increasing speed and accuracy.</p>	<p>Key vocabulary</p> <p>Side step, gallop, hop, skip. Zig zag, alternate leg, fluency, control accuracy. Imitate, follow, copy, improve, evaluate.</p>
	Unit Title	Knowledge and Skills	Specific resources
Year 4 Autumn 1	REAL PE Gym Personal Cog	<ul style="list-style-type: none"> Students will combine a sequences of balances with a partner, linking them with learnt movement to create an acrobatic sequence Students will work to improve the quality of their sequence. Students will learn to complete all moves with fluency and control and with increasing tension and hold. Students will develop linking movements to put together rolls, jumps and balances using a variety of hand apparatus <p>Personal Learning Intentions:</p> <ul style="list-style-type: none"> I know where I am with my learning and I have begun to challenge myself. I can combine learnt movements with fluency and control. 	<ul style="list-style-type: none"> REAL PE platform and videos Hoops, balls bean bags, pom-poms, scarves silks, etc.
		<p>Progression</p> <p>This progresses the jumps, balance and travel from KS1 to include movement between and connection of movement.</p>	<p>Key vocabulary</p> <p>Link, order, develop, hold, tension, balance.</p>

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	Unit title	Knowledge and Skills	Specific resources
Year 4 Autumn 2	REAL PE unit 2 – Social Cog	<ul style="list-style-type: none"> Students will jump in a tuck position and rotate 180 degrees maintaining control throughout using a ready position. Students will use a variety of jumps to create a route and also copy others routes. Students will combine a series of five jumps, analyse performance and suggest improvements. <p>Social Learning Intentions:</p> <ul style="list-style-type: none"> I show patience and support others, listening carefully to them about our work I am happy to show and tell them about my ideas. 	<ul style="list-style-type: none"> REAL PE platform and videos Hoops and spots
		<p>Progression</p> <p>This revisits jumping from previous units building accuracy and combining more variety. It also asks students to analyse aspects of their jumping combinations.</p>	<p>Key vocabulary</p> <p>Jump. Land, soft, start, finish, stand, floor, move, create, combine, alternate, copy, analyse, improve.</p>
Year 4 Autumn 2	REAL PE Dance – Creative cog	<ul style="list-style-type: none"> Students will perform a movement sequence (motif) using circles, jumps, shapes and movement between shapes of at least 6 movements individually and in partners. Students will incorporate simple lifts and counter balances. 	<ul style="list-style-type: none"> REAL PE platform and videos Scarves ribbons hoops
		<p>Progression</p> <p>Students will be competent at a range of jumps, turns, balances and use their knowledge to improve, create and work with a partner. Simple lifts are introduced.</p>	<p>Key vocabulary</p> <p>Circle, copy, canon, mirror motif, lift.</p>
Year 4 Spring 1	REAL PE Unit 3 Cognitive Cog	<ul style="list-style-type: none"> Students will learn to walk forward and backwards on a line with balance using a variety of steps. Using the different levels of apparatus and different movement patterns, experiment with changes of speed to invent and design their own original sequences. <p>Cognitive Learning Intentions:</p> <ul style="list-style-type: none"> I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I can identify areas for improvement. 	<ul style="list-style-type: none"> REAL PE platform and videos Hall Benches tables,
		<p>Progression</p> <p>Progresses balance and movement skills whilst giving more responsibility to students to control their own learning.</p>	<p>Key vocabulary</p> <p>personal best, compare contrast, mirror match. tactics, improve, evaluate</p>

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	Unit title	Knowledge and skills	Specific resources
Year 4 Spring 1	Tag Rugby (lesson plans from twinkl year 4)	<ul style="list-style-type: none"> Students will learn the rules of tagging in tag rugby Students will learn the skills of passing, moving, dodging and intercepting. Students will learn how to attack and defend in tag rugby 	<ul style="list-style-type: none"> field tag rugby tags, bibs & rugby balls cones
		<p>Progression</p> <p>This will be the first time children have been introduced to the game of Tag rugby. The game incorporates many of the skills of agility, ball skills and movement previously experienced</p>	<p>Key vocabulary</p> <p>joints, attack, dodge, fake & feint, technique, release, try, performance, fluency, accuracy</p>
Year 4 Spring 2	REAL PE Unit 4 – Creative Cog	<p>Knowledge and skills</p> <ul style="list-style-type: none"> Students will send and receive a variety of balls to a partner and in a team game situation in a variety of different ways, with simple rules. <p>Creative Learning Intentions:</p> <ul style="list-style-type: none"> I can compare my movements and skills with those of others. I can select and link movements together to fit a theme. 	<ul style="list-style-type: none"> REAL PE platform and videos Balls Net Hall / playground timer
		<p>Progression</p> <p>Builds on partner work in Year 3.</p>	<p>Key vocabulary</p>
Year 4 Spring 2	Netball	<ul style="list-style-type: none"> Students will learn a variety of passes (chest, bounce and overhead) and when to use them Students will learn the footwork rule Students will learn to shoot, pivot and marking techniques. Students will learn to shoot at a target. 	<ul style="list-style-type: none"> Basketballs Netballs Hoops Playground with markings.
		<p>Progression</p> <p>Students will have learnt and practised most of the passes needed in netball and should have competent movement and balance skills.</p>	<p>Key vocabulary</p> <p>Chest pass bounce pass, shoot, defend, overhead pass, pivot, footwork rule, positions</p>
Year 4 Summer 1	REAL PE Unit 5 – Physical Cog	<ul style="list-style-type: none"> Students will learn to send and receive balls of different sizes in a variety of ways with increasing accuracy and combine with a range of movements. Students will learn some simple techniques in a team to try to keep / steal the ball in a game situation. <p>Learning objectives:</p> <ul style="list-style-type: none"> I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency 	<ul style="list-style-type: none"> REAL PE platform and videos. Net (optional) Balls Pitch (marked or coned)
		<p>Progression</p> <p>Students are using knowledge and skills in competitive and personal challenge situations.</p>	<p>Key vocabulary</p> <p>Steal, intercept, think, quick, variety,</p>

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	Unit title	Knowledge and skills	Specific resources
Year 4 Summer 1	Athletics / rounders	<ul style="list-style-type: none"> Students will work on improving technique and performance when jumping for height and length and throwing. Students will develop their batting technique using a soft rounders bat. Students will develop their underarm bowling techniques. Students will develop their sending and receiving skills when fielding. Students will learn the rules of rounders. 	<ul style="list-style-type: none"> REAL PE platform and videos Balls – large, medium and small. Field Hoops, balls, hurdles, javelins, bean bags etc. Rounders bats and air balls, cones or posts.
		<p>Progression</p> <p>Athletic will continue to improve previously learnt skills and concentrate on building technique. Rounders provides a different striking game to cricket taught in year 2.</p>	<p>Key vocabulary</p> <p>Direction, finish line, lane, obstacle, group, team Length, height, lane, team, line, javelin, pull back, push off, Overarm, underarm, direction, speed, fielders</p>
	Unit title	Knowledge and skills	Specific resources
Year 4 Summer 2	REAL PE Unit 6 – Health and fitness Cog	<ul style="list-style-type: none"> Students will work in teams utilising learnt skills to work together to develop unplanned sequences. Students will act as referee between two players. <p>Health and fitness Learning Intentions:</p> <ul style="list-style-type: none"> I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down. 	<ul style="list-style-type: none"> REAL PE platform and videos Balls, hoops, timers.
		<p>Progression</p> <p>This builds on and extends previous knowledge and understanding of the physical changes and effects of exercise. Introduces students to decision making process of referring and agreeing alterations to make something fairer.</p>	<p>Key vocabulary</p> <p>Level playing field, referee, agreement, fairness. Warm up cool down, muscle names.</p>
	Unit title	Knowledge and skills	Specific resources
Year 4 Summer 2	Swimming	<ul style="list-style-type: none"> Students will know how to perform learn a push and glide from front and back. Students will know how to tread water learn and treading water action. Students will know how to float in a star shape and hold for at least 30 seconds. Students will continue to practice breathing out in the water. Students will perform 12 metres of front crawl leg action whilst blowing bubbles. Students will perform 12 metres of backstroke Students will learn a reach rescue Students will attempt breaststroke arms and leg action 	<ul style="list-style-type: none"> REAL PE platform and videos Swimming pool Tummy band floats (for some) Floats Woggles Ball and other floating toys
		<p>Progression</p> <p>Students should be water confident and have basic skills established in order to further develop endurance and competence using a variety of strokes.</p>	<p>Key vocabulary</p> <p>Safely, float, walk, scoop (with arms), tight fingers, fast feet, straight legs,</p>

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YEAR 5

	Unit Title	Knowledge and skills	Specific resources
Year 5 Autumn 1	REAL PE Unit 6 - personal Cog	<ul style="list-style-type: none"> Students will play a range of simplified team games that practise kicking throwing, sending receiving and retrieving. Students will change, amend, discuss and agree alternative games to play as a team. <p>Personal Learning Intentions:</p> <ul style="list-style-type: none"> I can persevere with a task and improve my performance through regular practice. See all new challenges as an opportunity to learn and develop. 	<ul style="list-style-type: none"> REAL PE platform and videos Bats,(tennis, rounders), balls, hoops, clubs, bean bags, etc.
		<p>Progression</p> <p>Skills are related to invasion games such as netball and volleyball.</p>	<p>Key vocabulary</p> <p>Challenge, resilience, team, persevere, improve, performance,</p>
Year 5 Autumn 1	REAL PE Gym Personal cog	<ul style="list-style-type: none"> Students will create a rhythmic sequence using gymnastic movements (rolling, jumping balancing travelling) and hand apparatus with a partner and in a group. Students will work with others to create a fluid bench sequence. 	<ul style="list-style-type: none"> REAL PE platform and videos Hand apparatus Benches and tables
		<p>Progression</p> <p>This unit uses previous learned skills to combine in a dynamic sequence incorporating hand apparatus and group work.</p>	<p>Key vocabulary</p> <p>Rhythmic, develop, critique, fluid, sequence fluency, control accuracy. Imitate, follow, copy, improve, evaluate, consider.</p>
Year 5 Autumn 2	OAA	<ul style="list-style-type: none"> Students will learn how to orientate a map/ Students will be able to identify symbols and keys Students will be able to navigate a route. Students will understand the use of compass Students will be able to work as a team Students will move safely outdoors (walking or running) 	<ul style="list-style-type: none"> Orienteering maps Plaques (around the school) Compasses Pencils / paper
		<p>Progression</p> <p>This is an introduction to Outdoor adventurous activities and orienteering within the school grounds. Students will have previous direction, position, map and compass knowledge (Geography, Maths and Science)</p>	<p>Key vocabulary</p> <p>NESW, compass, orientate, orienteering, map symbol, key, route, alternatives, controls.</p>

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	Unit title	Knowledge and skills	Specific resources
Year 5 Autumn 2	REAL Dance Social Cog	<ul style="list-style-type: none"> Students will perform a movement sequence (motif) using circles, jumps shapes and movement between shapes of at least 9 moves in partners and / or groups. Students will incorporate lifts and counter balances and may use hand apparatus. <p>Social Learning Intentions</p> <ul style="list-style-type: none"> I help organise roles and responsibilities. I can negotiate and collaborate appropriately in creating and performing my dance. 	<ul style="list-style-type: none"> REAL PE platform and videos Music Scarves, balls, hoops (as needed)
		Progression	Key vocabulary
		Builds on dance units, increasing the number and complexity of movements.	Collaborate, complexity, lifts, counterbalance. Balance, canon.
Year 5 Spring 1	REAL PE Unit 1 Cognitive	<ul style="list-style-type: none"> Students will react quickly to stop, catch and retrieve a ball individually and in a team situation, with increasing consistency, control and balance. <p>Cognitive Learning Intentions:</p> <ul style="list-style-type: none"> I understand ways to judge performance and I can identify specific parts to continue to work on. I can use my awareness of space and others to make good decisions. 	<ul style="list-style-type: none"> REAL PE platform and videos
		Progression	Key vocabulary
		Students are now putting several skills together to create and control games involving several others.	Specific, consistent, criteria, judge, critique.
Year 5 Spring 1	Football	<ul style="list-style-type: none"> Students will develop the skills of dribbling, passing defencing, shooting with increasing control accuracy and balance. Students will think about tactics and work as a team. Students will play competitive matches. 	<ul style="list-style-type: none"> Footballs, Cones, goals, bibs or bands.
		Progression	Key vocabulary
		Students will have learnt basic football skills in Year 3. They may have attended our afterschool football club.	Dribble, control, pass, defend, attack, shoot, foul, toe, foot, instep,
Year 5 Spring 2	Tennis	<ul style="list-style-type: none"> Students will learn basic forehand and backhand strokes. Students will learn the 'ready' position Students will learn how to change the direction of the ball. Students will learn a serve action Students will learn the rules and scoring of a tennis match 	<ul style="list-style-type: none"> Tennis racket Balls and net
		Progression	Key vocabulary
		Students will have learnt basic tennis skills in Year 2 and had further opportunities to learn related skills throughout the REAL PE scheme.	Racket, underarm, roll, send, receive, grip, stance, swing, sere, score, game, set, match.

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	Unit title	Knowledge and skills	Specific resources
Year 5 Spring 2	Hockey	<ul style="list-style-type: none"> Students will learn the rules and positions of hockey Students will learn how to dribble, pass and shoot using a hockey stick correctly in a game situation. Students will learn how to attack and defend effectively in a game of hockey. 	<ul style="list-style-type: none"> Goal posts Hockey sticks tennis or air balls.
		Progression	Key vocabulary
		Students will have had lots of experience of simple team games. They will learn basic hockey skills in year 3.	Stick, Defend attack goalie, dribble. Shoot, pass, tactics, team, position, rules.
	Unit title	Knowledge and skills	Specific resources
Year 5 Summer 1	REAL PE Unit 4 – Physical Cog	<ul style="list-style-type: none"> Students will combine several movements into one continuous sequence. Students will identify areas for improvement and work on those independently Students will continue to develop accuracy when moving, throwing, balancing individually and in team games. <p>Physical Learning Intentions</p> <ul style="list-style-type: none"> I can perform a variety of movements and skills with good body tension. I can link actions together so they flow in running, jumping and throwing activities. 	<ul style="list-style-type: none"> REAL PE platform and videos Hoops, cones, balls bean bags, hall or playground
		Progression	Key vocabulary
		Students are combining jumps, rolls, travelling and balances and working individually on areas they need to improve.	Match, mirror, synchronise, tension, accuracy, speed,
	Unit title	Knowledge and skills	Specific resources
Year 5 Summer 1	Athletics / team games	<ul style="list-style-type: none"> Students will practise throwing and jumping as well as running and aim to improve over the weeks Students, in groups, will devise a simple game that can be taught to a younger year group. Students will evaluate their game after introducing it to a younger year group. 	<ul style="list-style-type: none"> Hurdles, hoops, javelin, balls etc. Resources required by groups
		Progression	Key vocabulary
		In the REAL PE unit, the students will have learnt and developed simple team games. This gives them the opportunity to use and refine the skills developed.	Direction, finish line, lane, obstacle, group, team Length, height, lane, team, line, javelin, pull back, push off, Plan, structure evaluate and assess.

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	Unit title	Knowledge and skills	Specific resources
Year 5 Summer 2	Cricket	<ul style="list-style-type: none"> Students will progress their batting, bowling and fielding skills. Students will learn some of the rules of cricket Students will know the main positions in cricket. 	<ul style="list-style-type: none"> REAL PE platform and videos
		Progression	Key vocabulary
		Students should have sending and receiving accuracy through the development of these skills throughout the REAL PE program. They will know the rudimentary skills of cricket and will develop an understanding of the real game.	
	Unit title	Knowledge and skills	Specific resources
Year 5 Summer 2	Swimming	<ul style="list-style-type: none"> I can answer 2 water safety questions I can enter the water safely. I can perform a push and glide front and back and continue swimming. I can perform a treading water action I can swim competently for at least 25metres. I can use a range of strokes effectively (crawl, back, breast or fly). I can perform a reach rescue I can attempt a safe self-rescue in a water based situation. 	<ul style="list-style-type: none"> Swimming pool Floats Woggles Ball and other floating toys
		Progression	Key vocabulary
		Students may have swimming lessons outside the school and will have experienced being in the school pool over the previous years. In line with NC requirements students will be building towards swimming for more than 25 metres and performing a range of strokes effectively.	Safely, float, walk, scoop (with arms),tight fingers, fast feet, straight legs, Front crawl

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YEAR 6

	Unit Title	Knowledge and skills	Specific resources
Year 6 Autumn 1	REAL PE Unit 3 Social Cog	<ul style="list-style-type: none"> Students will cooperate and collaborate in a competitive game environment. Students will practise balances both individually and in partners with increasing difficulty. <p>Social Learning Intentions.</p> <ul style="list-style-type: none"> I help organise roles and responsibilities and I can guide a small group through a task, I cooperate well with others and give helpful feedback. I can negotiate and collaborate appropriately. 	<ul style="list-style-type: none"> REAL PE platform and videos
		<p>Progression</p> <p>This encourages collaborative thinking and also revisits some of the tag rugby skills needed for the tag rugby in Autumn 2, as well as increasingly difficult partner balances.</p>	<p>Key vocabulary</p> <p>joints, attack, dodge, fake & feint, technique, release, try, performance, fluency, accuracy</p>
Year 6 Autumn 1	REAL Gym Unit 3 Social Cog	<ul style="list-style-type: none"> Students will create an 8 beat aerobic sequence in groups and repeat. Students will combine movements using large apparatus. <p>Social Learning Intentions:</p> <ul style="list-style-type: none"> I help organise roles and responsibilities and I can guide a small group through a task, I cooperate well with others and give helpful feedback. I can negotiate and collaborate appropriately. 	<ul style="list-style-type: none"> REAL PE platform and videos Hall large apparatus
		<p>Progression</p> <p>This utilises all skills and progresses into a repeating aerobic sequence. Movements are taken onto the large apparatus to progress difficulty, combination and critical thinking.</p>	<p>Key vocabulary</p> <p>Lift, hold, straight, support, combine. develop, critique, fluid, sequence fluency, control accuracy, improve, evaluate, consider,</p>
Year 6 Autumn 2	Tag rugby	<ul style="list-style-type: none"> Students will learn the basic rules of tag rugby. Students should understand, choose and apply a range of tactics and strategies for defence and attack Students will use these tactics and strategies more consistently in similar games Students will choose, combine and perform skills more fluently and effectively in invasion games. Students will work co-operatively to discuss and agree tactics and support each other. 	<ul style="list-style-type: none"> REAL PE platform and videos
		<p>Progression</p> <p>This uses skills taught in the REAL PE program and the introduction of TAG rugby in Year 4. Also prepares for inter school competition.</p>	<p>Key vocabulary</p> <p>joints, attack, dodge, fake & feint, technique, release, try, performance, fluency, accuracy, tactics, team, support, perform.</p>

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	Unit title	Knowledge and skills	Specific resources
Year 6 Autumn 2	Street dance (BBC teach)	<ul style="list-style-type: none"> Students will learn a range of movements associated with stance Students will learn a series of dances incorporating these moves Students will collaborate in a group to create their own street dance. 	<ul style="list-style-type: none"> REAL PE platform and videos
		<p>Progression</p> <p>Dance has been taught over the previous years utilising the REAL Dance program. The BBC teach program has several different types of street dance and a qualified choreographer joined by children teaching the vocabulary and steps in manageable chunks to create a dance sequence. These can then be used by the students to create their own street dance in groups.</p>	<p>Key vocabulary</p> <p>Hop, groove, lock, fusion, pause, stomp, spin (not an exhaustive list)</p>
	Unit title	Knowledge and skills	Specific resources
Year 6 Spring 1	OAA	<ul style="list-style-type: none"> Students will know how to orientate a map and able to identify symbols and keys Students will be able to navigate a route. Students will understand the use of compass Students will be able to work as a team Students move safely outdoors (walking or running) 	<ul style="list-style-type: none"> Orienteering maps Plaques (around the school) Compasses Pencils / paper
		<p>Progression</p> <p>Students will have undertaken an orienteering unit in year 5 and will further develop skills in this Year 6 unit. Students will have previous direction, position, map and compass knowledge (Geography, Maths and Science)</p>	<p>Key vocabulary</p> <p>NESW, compass, orientate, orienteering, map symbol, key, route, alternatives, controls.</p>
	Unit title	Knowledge and skills	Specific resources
Year 6 Spring 1	Pop - Lacrosse	<ul style="list-style-type: none"> Students will learn a non-contact version of lacrosse (pop lacrosse) Students will learn to hold the stick correctly, pass whilst moving and compete in a simple game. 	<ul style="list-style-type: none"> Lacrosse sticks
		<p>Progression</p> <p>This unit progresses students' knowledge and skills in the game of lacrosse. Knowledge and skills have been previously experienced in REAL PE units.</p>	<p>Key vocabulary</p> <p>Lacrosse, sticks, height, 4 second rule non-contact. Thrower, catcher.</p>
	Unit title	Knowledge and skills	Specific resources
Year 6 Spring 2	REAL PE Unit 2 – creative Cog	<ul style="list-style-type: none"> Students will learn simplified version of seated volleyball and handball to increase mobility and core strength. Students will adapt the rules, tactics etc. of a game to create versions of seated volleyball and handball. Students will learn ways to continue to increase core strength. 	<ul style="list-style-type: none"> REAL PE platform and videos Balloons or soft balls. (beach balls or seated volleyball balls) Cones to mark court Bean bags etc. Net or benches
		<p>Creative Learning Intentions:</p> <ul style="list-style-type: none"> I can link actions and develop sequences of movements and express my own ideas. I can change tactics, rules or tasks to make activities more fun or more challenging 	
		<p>Progression</p> <p>Students build on knowledge of rule based competitive games and collaborate to produce an alternative game.</p>	<p>Key vocabulary</p> <p>Volleyball, seated, court, adapt, improve, rules, tactics, core,</p>

PHYSICAL EDUCATION LONG TERM PLAN

KS1 & KS2 PE ANNUAL OVERVIEW

	Unit title	Knowledge and skills	Specific resources
Year 6 Spring 2	Netball / basket ball	<ul style="list-style-type: none"> Students will combine previous knowledge of netball passes, rules, tactics and strategies to play the game. Students will evaluate theirs and their team's performance, discuss and agree tactical improvements. 	<ul style="list-style-type: none"> Basketballs Netballs Hoops Playground with markings.
		<p>Progression</p> <p>Students should have all of the necessary knowledge and skills to play netball and transfer those skills to basketball.</p>	<p>Key vocabulary</p> <p>Chest pass bounce pass, shoot, defend, overhead pass, pivot, footwork rule, positions, evaluate, change, tactics.</p>
Year 6 Summer 1	Cricket / Rounders	<ul style="list-style-type: none"> Students will develop their batting technique using a soft rounders bat and cricket bat. Students will develop their underarm bowling techniques and may attempt a bowling technique. Students will develop their sending and receiving skills when fielding. Students will learn the rules of rounders. 	<ul style="list-style-type: none"> Cricket equipment Rounders equipment Timer
		<p>Progression</p> <p>Builds on all the previous knowledge across both REAL PE and cricket and rounders taught in previous years. Students should be cognizant of rules, techniques and possess all the relevant skills to play both games competently.</p>	<p>Key vocabulary</p> <p>Technique, bowl, shoulder, standing leg, wicket, fielder, wicket keeper, bats person, four, six,</p>
Year 6 Summer 1	Athletics / team games	<ul style="list-style-type: none"> Students will work on improving technique and performance when jumping for height and length and throwing. Students will use previously taught knowledge and skills to play competitive team games (capture the flag, through the hoop, blind obstacle etc.) 	<ul style="list-style-type: none"> Measuring tape or similar stop watches Javelins Bean bags, hoops, hurdles,
		<p>Progression</p> <p>Students should be developing their skills independently and know what they need to develop in order to improve. Team games develop co-operation, resilience and a sense of belonging.</p>	<p>Key vocabulary</p> <p>Skills, improve, length, height, muscle names, particular techniques,</p>

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Year 6 Summer 2	REAL PE Unit 5 – Health and fitness Cog	<ul style="list-style-type: none"> Students will practise sending and receiving balls and bean bags whilst balancing and moving with control on a beam. Students will learn a simple / alternative version of dodgeball and capture the flag. <p>Health and Fitness Learning Intentions</p> <ul style="list-style-type: none"> I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working. 	<ul style="list-style-type: none"> REAL PE platform and videos Hoops. Bean bags, beams, balls of various sizes, Cones to mark a court or pitch.
		<p>Progression</p> <ul style="list-style-type: none"> This progresses balance skills and combines with sending and receiving and moving. The way in which the competitions are set up encourages losing and winning in a positive way. 	<p>Key vocabulary</p> <p>Dodge dodgeball, safely, eliminate, knock out, continuous.</p>
Year 6 Summer 2	Swimming	<ul style="list-style-type: none"> Students will learn to be able to swim competently for at least 25metres. Students will be able to use a range of strokes effectively (crawl, back, breast, fly for e.g.) Students will be able to perform a safe self-rescue in a water based situation. 	<ul style="list-style-type: none"> REAL PE platform and videos Swimming pool Floats Woggles Ball and other floating toys
		<ul style="list-style-type: none"> Progression This unit presumes that students are already confident in their swimming ability and can perform all of the previous skills. If students are not yet ready for this, you may wish to revisit earlier units where these skills are introduced and practised. 	<ul style="list-style-type: none"> Key vocabulary Safely, float, walk, scoop (with arms), tight fingers, fast feet, straight legs,