



Highfield St Matthew's CE Primary School

Physical Education Long Term Plan



	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Real PE: PERSONAL <i>Co-ordination: footwork</i> Static balance: one leg	Real PE: SOCIAL Dynamic balance to agility (jumping and landing) Static balance: seated	Real PE: COGNITIVE Dynamic balance on a line. Static balance: stance	Real PE: CREATIVE Co-ordination: ball skills Counterbalance with a partner	Real PE: PHYSICAL Coordination: sending and receiving Agility: reaction response	Real PE: HEALTH & FITNESS Agility: ball chasing Static balance: floor work
	Continuous Provision: Cooperation games, climbing – outdoor equipment, Different ways of moving, Skipping, Obstacle activities, Races / team games Changing for PE, Develop good personal hygiene, Ball skills- throwing and catching, Gymnastics. / Balance, Dance related activities Wheeled resources for children to balance, sit or ride on, or pull and push,					
Year 1	Real PE: PERSONAL <i>Co-ordination: footwork</i> Static balance: one leg	Real PE: SOCIAL Dynamic balance to agility (jumping and landing) Static balance: seated	Real PE: COGNITIVE Dynamic balance on a line. Static balance: stance	Real PE: CREATIVE Co-ordination: ball skills Counterbalance with a partner	Real PE: PHYSICAL Coordination: sending and receiving Agility: reaction response	Real PE: HEALTH & FITNESS Agility: ball chasing Static balance: floor work
	Games Curriculum <i>Movement and co-ordination with special awareness.</i>	Games Curriculum <i>Movement and co-ordination with special awareness.</i>	Games Curriculum Gymnastics, balance, travelling and using equipment.	Games Curriculum Dance action and sequence building in teams	Games Curriculum Ball skills	Games Curriculum Team games and rules of competition
Year 2	Real PE: PERSONAL <i>Co-ordination: footwork</i> Static balance: one leg	Real PE: SOCIAL Dynamic balance to agility (jumping and landing) Static balance: seated	Real PE: COGNITIVE Dynamic balance on a line. Static balance: stance	Real PE: CREATIVE Co-ordination: ball skills Counterbalance with a partner	Real PE: PHYSICAL Coordination: sending and receiving Agility: reaction response	Real PE: HEALTH & FITNESS Agility: ball chasing Static balance: floor work
	Games Curriculum <i>Movement and co-ordination with special awareness.</i>	Games Curriculum <i>Movement and co-ordination with special awareness.</i>	Games Curriculum Gymnastics, balance, travelling and using equipment.	Games Curriculum Dance action and sequence building in teams	Games Curriculum Ball skills	Games Curriculum Team games and rules of competition
Year 3	Real PE: PERSONAL <i>Co-ordination: footwork</i> Static balance: one leg	Real PE: SOCIAL Dynamic balance to agility (jumping and landing) Static balance: seated	Real PE: COGNITIVE Dynamic balance on a line Co-ordination: ball skills	Real PE: CREATIVE Coordination: sending and receiving Counterbalance with a partner	Real PE: PHYSICAL Agility: reaction response Static balance: floor work	Real PE: HEALTH & FITNESS Coordination: ball chasing Static balance: stance



Highfield St Matthew's CE Primary School

Physical Education Long Term Plan



	Games Curriculum Ball and invasion games	Games Curriculum Gymnastics	Games Curriculum Dance topic (linked to class curricular area)	Games Curriculum OAA and group cohesion	Games Curriculum Striking and fielding games/ net and wall games	Games Curriculum Athletics
Year 4	Real PE: PERSONAL <i>Co-ordination: footwork</i> Static balance: one leg	Real PE: SOCIAL Dynamic balance to agility (jumping and landing) Static balance: seated	Real PE: COGNITIVE Dynamic balance on a line Co-ordination: ball skills	Real PE: CREATIVE Coordination: sending and receiving Counterbalance with a partner	Real PE: PHYSICAL Agility: reaction response Static balance: floor work	Real PE: HEALTH & FITNESS Agility: ball chasing Static balance: stance
	Games Curriculum Ball skills and invasion games	Games Curriculum Gymnastics	Games Curriculum Dance (linked to class curricular area)	Games Curriculum OAA and group cohesion	Games Curriculum Striking and fielding/net and wall games	Games Curriculum Athletics
Year 5	Real PE: COGNITIVE Coordination; ball skills Agility: reaction/ response	Real PE: CREATIVE Static balance: seated Static balance: floorwork	Real PE: SOCIAL Dynamic balance on a line Counterbalance with a partner	Real PE: PHYSICAL Static balance: one leg Dynamic balance to agility: jumping and landing.	Real PE: HEALTH & FITNESS Static balance: stance Coordination: footwork	Real PE: PERSONAL Agility: ball chasing Coordination: sending and receiving
	Games Curriculum Ball skills and invasion games	Games Curriculum Gymnastics	Games Curriculum Dance (linked to class curricular topic)	Games Curriculum OAA and group cohesion	Games Curriculum Striking and fielding/ net and wall	Games Curriculum Athletics
Year 6	Real PE: COGNITIVE Coordination; ball skills Agility: reaction/ response	Real PE: CREATIVE Static balance: seated Static balance: floorwork	Real PE: SOCIAL Dynamic balance on a line Counterbalance with a partner	Real PE: PHYSICAL Static balance: one leg Dynamic balance to agility: jumping and landing.	Real PE: HEALTH & FITNESS Static balance: stance Coordination: footwork	Real PE: PERSONAL Agility: ball chasing Coordination: sending and receiving
	Games Curriculum Ball skills and invasion games	Games Curriculum Gymnastics	Games Curriculum Dance (linked to class curricular area)	Games Curriculum OAA and group cohesion	Games Curriculum Striking and fielding/ net and wall games	Games Curriculum Athletics