



Physical Education Long Term Plan

- Dress Up Your Performance (DUYP) – an option in the ‘skill application’ part of the real dance lesson to make the application part of the lesson different from the unit taught previously.
- Reinforce Reception real PE themes with real foundations activities in your EYFS indoor and outdoor setting

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Lesson 1	real PE YR Unit 1 / or real Foundations Exploration of Bike and Pirate themes PERSONAL	real PE YR Unit 2 / or real Foundations Exploration of Space and Jungle themes SOCIAL	real PE YR Unit 3 / or real Foundations Exploration of Train and Tightrope themes COGNITIVE	real PE YR Unit 4 / or real Foundations Exploration of Clown and Seaside themes CREATIVE	real PE YR Unit 5 / or real Foundations Exploration of Juggling and Fairytale themes PHYSICAL APPLICATION	real PE YR Unit 6 / or real Foundations Exploration of Squirrel and Cat themes HEALTH AND FITNESS
Lesson 2		real dance YR Unit 1 SOCIAL	real gym YR Unit 1 (Shape and Travel) COGNITIVE	real dance YR Unit 1 (using different music and Dress Up Your Performance) CREATIVE	real gym YR Unit 2 (Flight and Rotation) PHYSICAL APPLICATION	Preparation for Sports Day HEALTH AND FITNESS

Y1 Lesson 1	real PE Y1 Unit 1 PERSONAL	real PE Y1 Unit 2 SOCIAL	real PE Y1 Unit 3 COGNITIVE	real PE Y1 Unit 4 CREATIVE	real PE Y1 Unit 5 PHYSICAL APPLICATION	real PE Y1 Unit 6 HEALTH AND FITNESS
Lesson 2	real gym Y1 Unit 1 (Shape and Travel) PERSONAL	real dance Y1 Unit 1 SOCIAL	real gym Y1 Unit 2 (Flight and Rotation) COGNITIVE	OAA CREATIVE	Striking / Fielding or Bat and Ball Activities PHYSICAL APPLICATION	Athletics HEALTH AND FITNESS
Y2 Lesson 1	real PE Y2 Unit 1 PERSONAL	real PE Y2 Unit 2 SOCIAL	real PE Y2 Unit 3 COGNITIVE	real PE Y2 Unit 4 CREATIVE	real PE Y2 Unit 5 PHYSICAL APPLICATION	real PE Y2 Unit 6 HEALTH AND FITNESS
Lesson 2	real gym Y2 Unit 1 (Balance and Travel) PERSONAL	real dance Y2 Unit 1 SOCIAL	real gym Y2 Unit 2 (Flight and Rotation) COGNITIVE	OAA CREATIVE	Striking / Fielding or Bat and Ball Activities PHYSICAL APPLICATION	Invasion Games HEALTH AND FITNESS

Year 3 Lesson 1	real PE Y3 Unit 1 PERSONAL	real PE Y3 Unit 2 SOCIAL	real PE Y3 Unit 3 COGNITIVE	real PE Y3 Unit 4 CREATIVE	real PE Y3 Unit 5 PHYSICAL APPLICATION	real PE Y3 Unit 6 HEALTH AND FITNESS
Lesson 2	real gym Y3 Unit 1 (Travel and Rotation / Hand Apparatus and Partner Work) PERSONAL	real dance Y3 Unit 1 or real gym Y3 Unit 2 (Flight and Balance / Low and Large Apparatus) SOCIAL	real gym Y3 Unit 2 (Flight and Balance / Low and Large Apparatus) COGNITIVE	Invasion Games CREATIVE	Striking / Fielding Games PHYSICAL APPLICATION	Athletics HEALTH AND FITNESS
Year 4 Lesson 1	real PE Y4 Unit 1 PERSONAL	real PE Y4 Unit 2 SOCIAL	real PE Y4 Unit 3 COGNITIVE	real PE Y4 Unit 4 CREATIVE	real PE Y4 Unit 5 PHYSICAL APPLICATION	real PE Y4 Unit 6 HEALTH AND FITNESS
Lesson 2	Swimming / real gym Y4 Unit 1 (Balance and Rotation / Sequencing and Partner Work) PERSONAL	Swimming / real gym Y4 Unit 1 (Balance and Rotation / Sequencing and Partner Work) SOCIAL	Invasion Games COGNITIVE	Net/Wall Games or real dance Y4 Unit 2 CREATIVE	Striking / Fielding Games PHYSICAL APPLICATION	Athletics HEALTH AND FITNESS

To help with progression from Y3 to Y4, Y3 could focus on achieving Personal Bests during their skill application part of their real PE lesson and Y4 could move onto competing against another 'in turn' then 'at the Same time'

In Autumn 1 and 2, one class swims whilst the other class does real gym unit.

Year 5 Lesson 1	real PE Y5 Unit 1 PERSONAL	real PE Y5 Unit 2 SOCIAL	real PE Y5 Unit 3 COGNITIVE	real PE Y5 Unit 4 CREATIVE	real PE Y5 Unit 5 PHYSICAL APPLICATION	real PE Y5 Unit 6 HEALTH AND FITNESS
Lesson 2	real gym Y5/6 Unit 1 (Hand Apparatus and Low Apparatus / Sequencing) PERSONAL	real dance Y5/6 Unit 1 SOCIAL	Swimming / Invasion Games COGNITIVE	Swimming / Invasion Games CREATIVE	OAA PHYSICAL APPLICATION	Athletics HEALTH AND FITNESS
Year 6 Lesson 1	real PE Y6 Unit 1 PERSONAL	real PE Y6 Unit 2 SOCIAL	real PE Y6 Unit 3 COGNITIVE	real PE Y6 Unit 4 CREATIVE	real PE Y6 Unit 5 PHYSICAL APPLICATION	real PE Y6 Unit 6 HEALTH AND FITNESS
Lesson 2	real dance Y5/6 Unit 1 Using Dress Up Your Performance (DUYP) using different music to Y5 PERSONAL	Invasion Games SOCIAL	real gym Y5/6 Unit 2 (Partner Work and Large Apparatus / Sequencing) COGNITIVE	OAA CREATIVE	Striking / Fielding Games PHYSICAL APPLICATION	Athletics HEALTH AND FITNESS