

PE Long Term Map 2023 2024

Year	Autumn 1 Personal	Autumn 2 Social	Spring1 Cognitive	Spring 2 Creative	Summer 1 Applying Physical Skills	Summer 2 Health and Fitness
	Core Real PE	Dance	Core Real PE	Real Gym	Core Real PE	Real Gym
Real PE Reception	<u>Space U2</u> Balance to Agility Jumping & Landing <u>Jungle U2</u> Static Balance Stance	Dance Shapes, Circles, Partnering, Artistry, Musicality	<u>Clowns U4</u> Coordination Ball Skills <u>Seaside U4</u> <u>Counter Balance</u> With a partner	At Home - Shape Jungle Trip- Travel	<u>Squirrel U6</u> Agility Reaction/ Response <u>Cat U6</u> Static Balance Floor Work	Park Life – Flight Toy Box - Rotation
Real PE Year 1	<u>Bike U1</u> Coordination – Footwork <u>Pirates U1</u> Static Balance – One Leg	Dance Shapes, Circles, Partnering, Artistry, Musicality	<u>Train U3</u> Dynamic Balance On a Line <u>Tightrope U3</u> Static Balance Stance	At Home - Shape Jungle Trip- Travel	<u>Jugglers – U5</u> Coordination Sending and receiving <u>Fairy Tale U5</u> Agility Reaction response	Park Life – Flight Toy Box - Rotation
Real PE Year 2	Dynamic Balance U2 Jumping & Landing Static Balance U2 Seated	Dance Shapes, Circles, Partnering, Artistry, Musicality	Coordination U4 Ball Skills Counterbalance U4 With a Partner	Toy Box – Balance Jungle Trip - Travel	Agility U6 Ball Chasing Static Balance U6 Floor Work	Park Life – Flight The Big City - Rotation
Real PE Year 3	Coordination U1 Footwork Static Balance U1 One Leg	Swimming	Dance (Swim) Shapes, Circles, Partnering, Artistry, Musicality	<u>Skill – Flight</u> Flight Sequences (low apparatus) Skill- Balance Climbing Sequences (Low&large)	Agility U5 Reaction /Response Static Balance U5 Floorwork	Skill- Travel Mapping Pathways (hand apparatus) <u>Skill –</u> Rotation Rotation sequences

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Real PE Year 4	Dynamic Balance to Agility U2 Jumping & Landing Static Balance U2 Seated	Dance Shapes, Circles, Partnering, Artistry, Musicality	Real Gym (Swim) Skill – Balance Acrobatic Sequences Skill – Rotation Rotation with hand apparatus	Swimming	Agility U6 Ball Chasing Static Balance U6 Stance	Skill- Flight Flight sequences with ropes Skill – Travel Group Sequencing on Apparatus
Real PE Year5	Swimming	Dance Shapes, Circles, Partnering, Artistry, Musicality	Coordination U1 Ball Skills Agility U1 Reaction/Response	<u>Skill</u> – Hand Apparatus Rhythmic Sequences Skill - Low apparatus Bench Sequences	Static Balance U3 Stance Coordination U3 Footwork	<u>Skill</u> - Large Apparatus Climbing sequences <u>Skill</u> - Partner work Acrobatic sequences
Real PE Year 6	Dynamic Balance U2 On a Line Counter Balance U2 With a partner	Dance Shapes, Circles, Partnering, Artistry, Musicality	Static Balance U4 Seated Static Balance U4 Floorwork	<u>Skill</u> – Hand Apparatus Rhythmic Sequences Skill - Low apparatus Bench Sequences	Coordination U6 Sending & Receiving Agility U6 Ball chasing	<u>Skill</u> - Large Apparatus Climbing sequences <u>Skill</u> - Partner work Acrobatic sequences
Real PE SU Adaptive Teaching	<u>Space U2</u> Balance to Agility Jumping & Landing Jungle U2 Static Balance Stance	Dance Shapes, Circles, Partnering, Artistry, Musicality	Swimming	At Home - Shape Jungle Trip- Travel	<u>Squirrel U6</u> Agility Reaction/ Response <u>Cat U6</u> Static Balance Floor Work	Park Life – Flight Toy Box - Rotation

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Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Ball skills	Balance, climbing and moving across/around obstacles	Movement development	Dance	Balance, climbing and moving across/around obstacles	Team games, pe games, playground games and building towards sports day
Year 1	Football	Rugby	Uni Hockey	Dodgeball	Cricket	Athletics/rounders
Year 2	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics/rounders
Year 4	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics/rounders
Year 5	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics/rounders
Year 6	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics