



Ellingham CE VC & Woodton Primary Federation



Physical Education (PE) Long Term Plan

Odd Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sparrows (Reception)	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					
Skylarks & Willows (Years 1 & 2)	Real PE Yr 1/2 Unit 1 Personal	Real PE Yr 1/2 Unit 4 Creative	Real PE Yr 1/2 Unit 2 Social	Real PE Yr 1/2 Unit 5 Physical	Real PE Yr 1/2 Unit 3 Cognitive	Real PE Yr 1/2 Unit 6 Health & Fitness
	Multi-skills (B)	Dance	Gym	Throwing and Catching Skills	Batting Skills	Athletics
Swifts & Sycamores (Years 3 & 4)	Real PE Yr 3/4 Unit 2 Social	Real PE Yr 3/4 Unit 4 Creative	Real PE Yr 3/4 Unit 5 Physical	Real PE Yr 3/4 Unit 6 Health & Fitness	Real PE Yr 3/4 Unit 3 Cognitive	Real PE Yr 3/4 Unit 1 Personal
	Competitive games: Football / mat ball	Dance: The Haka	Gym	Multi-skills	Rounders	Athletics
Swallows & Oaks (Years 5 & 6)	Swimming		Real PE Yr 5/6 Unit 2 Creative	Real PE Yr 5/6 Unit 5 Health & Fitness	OAA	Athletics/Sports Day Activities
	Sports Leader/Cross country/fitness		Dance	Competitive games: Tag Rugby / Hockey	Rounders	Mini Tennis



Physical Education (PE) Long Term Plan

Even Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sparrows (Reception)	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					
Skylarks & Willows (Years 1 & 2)	Real PE Yr 1/2 Unit 1 Personal	Real PE Yr 1/2 Unit 4 Creative	Real PE Yr 1/2 Unit 5 Physical	Real PE Yr 1/2 Unit 2 Social	Real PE Yr 1/2 Unit 3 Cognitive	Real PE Yr 1/2 Unit 6 Health & Fitness
	Multi-skills (A)	Dance	Gym	Ball skills	Mini Tennis	Athletics
Swifts & Sycamores (Years 3 & 4)	Real PE Yr 3/4 Unit 3 Cognitive	Real PE Yr 3/4 Unit 4 Creative	Real PE Yr 3/4 Unit 5 Physical	Real PE Yr 3/4 Unit 2 Social	Real PE Yr 3/4 Unit 6 Health & Fitness	Real PE Yr 3/4 Unit 1 Personal
	Competitive games: Basketball	Health & Fitness	Gym	OAA	Mini Tennis	Kwik Cricket
Swallows & Oaks (Years 5 & 6)	Swimming		Real PE Yr 5/6 Unit 3 Social	Real PE Yr 5/6 Unit 1 Cognitive	Real PE Yr 5/6 Unit 6 Personal	Real PE Yr 5/6 Unit 4 Physical
	Sports Leader/Fitness		Gym	Competitive games: netball / dodgeball	Kwik Cricket	Athletics/Sports Day Events