

Long term plan for PE including Real PE objectives.

Class teacher to follow Real PE program and PE coach to teach skills alongside reinforcing the Real PE objectives.

Year group	Autumn 1 	Autumn 2 	Spring 1 	Spring 2 	Summer 1 	Summer 2 
Year R	Fundamental Movement Skills: footwork and one leg balance	FSM: jumping and landing, seated balance Real Gym: shape and travel	FSM: balance on a line and stance Real Gym: flights and rotation	FSM: ball skills and counter balance with a partner. Real Dance: shape	FMS: sending and receiving, and reaction/response Athletics	FSM: ball chasing and floor work Ball skills - striking and fielding games
Year 1 /2	FMS: one leg balance & footwork Ball skills - striking and fielding games	FMS: jumping and landing, seated balance Real gym - flight and rotation	FMS: Dynamic balance on a line, and stance. Real dance - shapes Real gym - balance and travel	FMS: ball skills and counter balance	FMS: sending and receiving, and reaction/response. Athletics	FMS: ball chasing and static balance floor work Invasion games
Year 3/ 4	FMS: floor work and one leg balance Ball skills - striking and fielding games	FMS: jumping and landing, seated balance Real gym: flight and travel	FMS: dynamic balance on a line, and ball skills Real dance: shapes and partner work.	FMS: sending and receiving, and counter balance with a partner Real gym: balance and rotation	FMS: reaction/response, and floor work static balance Swimming	FMS: ball chasing and stance. Invasion games
Year 5/6	FMS: ball skills, reaction and response. Ball skills - striking and fielding games	FMS: balance on a line and counter balance. Real gym: partner work and large apparatus.	FMS: stance and footwork Real dance: shape and artistry	FMS: seated balance and floor work Real gym: hand apparatus and low apparatus	FMS: jumping and landing, and one leg balance Athletics	FMS: sending and receiving and ball chasing Invasion games

We run the Daily Mile everyday to improve our fitness and support our sense of personal challenge.