

**PE Long Term Plan - 2021/2022**

|                              | <b><u>AUTUMN TERM</u></b>   |                           | <b><u>SPRING TERM</u></b>    |                                           | <b><u>SUMMER TERM</u></b>            |                                       |
|------------------------------|-----------------------------|---------------------------|------------------------------|-------------------------------------------|--------------------------------------|---------------------------------------|
| Nursery                      | REAL PE - Unit 1 - Personal | REAL PE - Unit 2 - Social | REAL PE - Unit 3 - Cognitive | REAL PE - Unit 4 - Creative               | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
| Reception                    | REAL PE - Unit 1 - Personal | REAL PE - Unit 2 - Social | REAL PE - Unit 3 - Cognitive | REAL PE - Unit 4 - Creative               | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
|                              |                             |                           |                              |                                           | NUF - Gymnastics                     | NUF - Fundamental movements           |
| Year 1 - Birch               | REAL PE - Unit 1 - Personal | REAL PE - Unit 2 - Social | REAL PE - Unit 3 - Cognitive | REAL PE - Unit 4 - Creative               | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
| Year 1 - Birch NUF Sessions  | Commando Joes               | Gymnastics/Dance          | Invasion Games               | Striking and Fielding                     | Net and Wall                         | Athletics and Fitness                 |
| Year 1 - Willow              | REAL PE - Unit 1 - Personal | REAL PE - Unit 2 - Social | REAL PE - Unit 3 - Cognitive | REAL PE - Unit 4 - Creative               | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
| Year 1 - Willow NUF Sessions | Commando Joes               | Gymnastics/Dance          | Invasion Games               | Striking and Fielding                     | Net and Wall                         | Athletics and Fitness                 |
| Year 2 - Beech               |                             | REAL PE - Unit 2 - Social | REAL PE - Unit 1 - Personal  |                                           | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
| Year 2 - Beech NUF Sessions  | Gymnastics<br>Commando Joes | Football                  | Invasion Games               | Striking and Fielding<br>Gymnastics/Dance | Net and Wall                         | Athletics and Fitness                 |
| Year 2 - Ash                 | REAL PE - Unit 1 - Personal |                           | REAL PE - Unit 3 - Cognitive |                                           | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |

|                                         |                                   |                           |                                    |                                           |                                      |                                       |
|-----------------------------------------|-----------------------------------|---------------------------|------------------------------------|-------------------------------------------|--------------------------------------|---------------------------------------|
| Year 2 - Ash<br>NUFC Sessions           | Gymnastics/Dance                  | Football<br>Commando Joes | Invasion Games                     | Striking and Fielding<br>Gymnastics/Dance | Net and Wall                         | Athletics and Fitness                 |
| Year 3 - Chestnut                       |                                   | REAL PE - Unit 2 - Social |                                    | REAL PE - Unit 4 - Creative               | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
| Year 3 - Chestnut<br>NUFC Sessions      | Gymnastics/Dance<br>Commando Joes | Football                  | Invasion Games<br>Gymnastics/Dance | Striking and Fielding                     | Net and Wall                         | Athletics and Fitness                 |
| Year 4 - Alder                          | REAL PE - Unit 1 - Personal       | REAL PE - Unit 2 - Social | REAL PE - Unit 3 - Cognitive       | REAL PE - Unit 4 - Creative               |                                      |                                       |
|                                         |                                   |                           |                                    |                                           | SWIMMING                             | SWIMMING                              |
| Year 4 - Alder<br>NUFC Sessions         | Football                          | Commando Joes             | Gymnastics/Dance                   | Striking and Fielding                     | Net and Wall                         | Athletics and Fitness                 |
| Year 4 - Maple                          | REAL PE - Unit 1 - Personal       | REAL PE - Unit 2 - Social |                                    |                                           | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
|                                         |                                   |                           | SWIMMING                           | SWIMMING                                  |                                      |                                       |
| Year 4 - Maple<br>NUFC Sessions         | Football                          | Commando Joes             | Gymnastics/Dance                   | Striking and Fielding                     | Net and Wall                         | Athletics and Fitness                 |
| Year 5 - Cedar                          |                                   |                           | REAL PE - Unit 3 - Cognitive       | REAL PE - Unit 4 - Creative               | REAL PE - Unit 5 - Applying Physical | REAL PE - Unit 6 - Health and Fitness |
|                                         | SWIMMING                          | SWIMMING                  |                                    |                                           |                                      |                                       |
| Year 5 - Cedar<br>NUFC Sessions         | Football                          | Gymnastics                | Invasion Games                     | Striking and Fielding                     | Net and Wall                         | Athletics and Fitness                 |
| Year 6 - Juniper/Hazel<br>NUFC Sessions | Football                          | Multiskills               | Attack and Defend - Invasion Games | Striking and Fielding                     | Net and Wall                         | Athletics and Fitness                 |
| Year 6 - Juniper/Hazel<br>Commando Joes | Commando Joes                     |                           |                                    |                                           |                                      |                                       |

