

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

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

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<b>Year</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception</b>	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
<b>Year 1</b>	Football	Rugby	Uni Hockey	Dodgeball	Cricket	Athletics/rounders
<b>Year 2</b>	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics/rounders
<b>Year 4</b>	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics/rounders
<b>Year 5</b>	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics/rounders
<b>Year 6</b>	Football	Rugby	Hockney	Dodgeball	Cricket	Athletics