

Eppleton whole school PE long-term plan - 2023-24

*(Showing RealPE units as well as sport-based provision for each half term for every year group)*

Year Group	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>EYFS</b>	<i>Improving skills: agility, balance, coordination, catching, throwing, running and stopping.</i>		<u>Real PE unit 1</u> <b>Themes:</b> The Birthday Bike Surprise & Pirate Pranks.  <b>Skill focus:</b> Coordination - footwork & Static balance - one leg  <b>Wider skill focus:</b> Personal skills	<u>Real PE unit 2</u> <b>Themes:</b> Journey to the Blue Planet & Monkey Business  <b>Skill focus:</b> Dynamic balance to agility - jumping and landing & Static balance - seated  <b>Wider skill focus:</b> Social skills	<u>Real PE unit 3</u> <b>Themes:</b> Tilly the Train's Big Day & Thembi Walks the Tightrope  <b>Skill focus:</b> Dynamic balance - on a line & Static balance - stance  <b>Wider skill focus:</b> Cognitive skills	<u>Real PE unit 4</u> <b>Themes:</b> Clowning Around & Wendy's Water-ski Challenge  <b>Skill focus:</b> Coordination - ball skills & Counter balance - with a partner  <b>Wider skill focus:</b> Creative skills  <i>(and Sports Day preparation)</i>
			<b><u>KS1</u></b>			
<b>1</b>	<i>Multi-skills/Improving skills</i>	<i>Gymnastics</i>	<i>Striking &amp; Fielding</i>	<i>Athletics</i>	<i>Orienteering</i>	<i>Cricket (and Sports Day preparation)</i>
	<u>Real PE unit 5</u> <b>Themes:</b> John and Jasmine Learn to	<u>Real PE unit 6</u> <b>Themes:</b>	<u>Real PE unit 1</u> <b>Themes:</b> The Birthday Bike	<u>Real PE unit 2</u> <b>Themes:</b> Journey to the Blue Planet & Monkey Business	<u>Real PE unit 3</u> <b>Themes:</b> Tilly the Train's Big Day &	<u>Real PE unit 4</u> <b>Themes:</b>

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	<p>Juggle &amp; Ringo to the Rescue</p> <p><b>Skill focus:</b> Coordination - sending and receiving &amp; Agility - reaction and response</p> <p><b>Wider skill focus:</b> Physical skills</p>	<p>Sammy Squirrel and his Rolling Nuts &amp; Caspar the very Clever Cat</p> <p><b>Skill focus:</b> Agility - ball chasing &amp; Static balance - floor work</p> <p><b>Wider skill focus:</b> Health &amp; Fitness skills</p>	<p>Surprise &amp; Pirate Pranks.</p> <p><b>Skill focus:</b> Coordination - footwork &amp; Static balance - one leg</p> <p><b>Wider skill focus:</b> Personal skills</p>	<p><b>Skill focus:</b> Dynamic balance to agility - jumping and landing &amp; Static balance - seated</p> <p><b>Wider skill focus:</b> Social skills</p>	<p>Thembi Walks the Tightrope</p> <p><b>Skill focus:</b> Dynamic balance - on a line &amp; Static balance - stance</p> <p><b>Wider skill focus:</b> Cognitive skills</p>	<p>Clowning Around &amp; Wendy's Water-ski Challenge</p> <p><b>Skill focus:</b> Coordination - ball skills &amp; Counter balance - with a partner</p> <p><b>Wider skill focus:</b> Creative skills</p>
<b>2</b>	<i>Health-related exercise</i>	<i>Multi-skills</i>	<i>Dance</i>	<i>Football</i>	<i>Athletics</i>	<i>Striking &amp; fielding (and Sports Day preparation)</i>
	<p><u>Real PE unit 1</u></p> <p><b>Skill focus:</b> Coordination - footwork &amp; Static balance - one leg</p> <p><b>Wider skill focus:</b> Personal skills</p>	<p><u>Real PE unit 2</u></p> <p><b>Skill focus:</b> Dynamic balance to agility - jumping and landing &amp; Static balance - seated</p> <p><b>Wider skill focus:</b> Social skills</p>	<p><u>Real PE unit 3</u></p> <p><b>Skill focus:</b> Dynamic balance - on a line &amp; Static balance - stance</p> <p><b>Wider skill focus:</b> Cognitive skills</p>	<p><u>Real PE unit 4</u></p> <p><b>Skill focus:</b> Coordination - ball skills &amp; Counter balance - with a partner</p> <p><b>Wider skill focus:</b> Creative skills</p>	<p><u>Real PE unit 5</u></p> <p><b>Skill focus:</b> Coordination - sending and receiving &amp; Agility - reaction and response</p> <p><b>Wider skill focus:</b> Physical skills</p>	<p><u>Real PE unit 6</u></p> <p><b>Skill focus:</b> Agility - ball chasing &amp; Static balance - floor work</p> <p><b>Wider skill focus:</b> Health &amp; Fitness skills</p>
<b><u>LKS2</u></b>						

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3	<i>Hockey</i>	<i>Basketball</i>	<i>Dance</i>	<i>Multi-skills &amp; Athletics</i>	<i>Orienteering</i>	<i>Cricket (and Sports Day preparation)</i>
	<u>Real PE unit 1</u>  <b>Skill focus:</b> Coordination - footwork & Static balance - one leg  <b>Wider skill focus:</b> Personal skills	<u>Real PE unit 2</u>  <b>Skill focus:</b> Dynamic balance to agility - jumping and landing & Static balance - seated  <b>Wider skill focus:</b> Social skills	<u>Real PE unit 3</u>  <b>Skill focus:</b> Dynamic balance - on a line & Coordination - ball skills  <b>Wider skill focus:</b> Cognitive skills	<u>Real PE unit 4</u>  <b>Skill focus:</b> Coordination - sending and receiving & Counter balance - with a partner  <b>Wider skill focus:</b> Creative skills	<u>Real PE unit 5</u>  <b>Skill focus:</b> Agility - reaction and response & Static balance - floor work  <b>Wider skill focus:</b> Physical skills	<u>Real PE unit 6</u>  <b>Skill focus:</b> Agility - ball chasing & Static balance - stance  <b>Wider skill focus:</b> Health & Fitness skills
4	<i>High 5 netball</i>	<i>Health-related exercise &amp; Athletics</i>	<i>Gymnastics</i>	<i>Football</i>	<i>Tennis</i>	<i>Golf (and Sports Day preparation)</i>
	<u>Real PE unit 3</u>  <b>Skill focus:</b> Dynamic balance - on a line & Coordination - ball skills  <b>Wider skill focus:</b> Cognitive skills	<u>Real PE unit 4</u>  <b>Skill focus:</b> Coordination - sending and receiving & Counter balance - with a partner  <b>Wider skill focus:</b> Creative skills	<u>Real PE unit 5</u>  <b>Skill focus:</b> Agility - reaction and response & Static balance - floor work  <b>Wider skill focus:</b> Physical skills	<u>Real PE unit 6</u>  <b>Skill focus:</b> Agility - ball chasing & Static balance - stance  <b>Wider skill focus:</b> Health & Fitness skills	<u>Real PE unit 1</u>  <b>Skill focus:</b> Static balance - one leg  <b>Wider skill focus:</b> Health & Fitness skills	<u>Real PE unit 2</u>  <b>Skill focus:</b> Agility - ball chasing & Static balance - stance  <b>Wider skill focus:</b> Health & Fitness skills

**UKS2**

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5	<i>Multi-skills and Athletics</i>	<i>Dance</i>	<i>Swimming</i>	<i>Swimming</i>	<i>Year 5/6 PE</i>  <i>Orienteering</i>  <i>Swimming (selection of year5/6)</i>	<i>Year 5/6 PE</i>  <i>Cricket (and Sports Day preparation)</i>  <i>Swimming (selection of year5/6)</i>
	<u>Real PE unit 1</u>  <b>Skill focus:</b> Coordination - ball skills & Agility - reaction and response  <b>Wider skill focus:</b> Cognitive skills	<u>Real PE unit 2</u>  <b>Skill focus:</b> Static balance - seated & Static balance - floor work  <b>Wider skill focus:</b> Creative skills			<u>Real PE unit 3</u>  Skill focus: Dynamic balance - on a line & Counter balance - with a partner  <b>Wider skills focus:</b> Social skills	<u>Real PE unit 4</u>  Skill focus: dynamic balance to agility-umping and landing and Static balance - one leg  <b>Wider Skill Focus:</b> physical skills
6	<i>Swimming</i>	<i>Swimming</i>	<i>Gymnastics</i>	<i>Tag Rugby</i>	<i>Year 5/6 PE</i>  <i>Orienteering</i>  <i>Swimming (selection of year5/6)</i>	<i>Year 5/6 PE</i>  <i>Cricket (and Sports Day preparation)</i>  <i>Swimming (selection of year5/6)</i>

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			<u>Real PE unit 6</u>  <b>Skill focus:</b> Coordination - sending and receiving & Agility - ball chasing  <b>Wider skill focus:</b> Personal skills	<u>Real PE unit 1</u>  <b>Skill focus:</b> Coordination - ball skills & Agility - reaction and response  <b>Wider skill focus:</b> Cognitive skills	<u>Real PE unit 2</u>  <b>Skill focus:</b> Static balance - seated & Static balance - floor work  <b>Wider skill focus:</b> Creative skills	<u>Real PE unit 3</u>  <b>Skill focus:</b> Dynamic balance - on a line & Counter balance - with a partner  <b>Wider skills focus:</b> Social skills
<ul style="list-style-type: none"> <li><i>Intra and inter-school sport events will take part throughout the year across all key stages.</i></li> </ul>						