



West Twyford Primary School – Long Term Plan

Key Stage	Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 0	Reception	Real Gymnastics Unit 1 Personal Skills	Real PE Unit 1 – Personal skills	Real PE Unit 2 – Social Skills	Real PE Unit 1 Physical Skills	Real PE Unit 3 – Cognitive Skills	Real PE Unit 4 – Creative Skills
Key Stage 1	Year 1	Real PE Unit 1 Personal skills: Floor movement patterns, 1 leg static balance 45 mins a week	Real PE Unit 2 Social Skills, Seated balance and Dynamic balance to agility 45 mins a week	Real Gymnastics Unit 1 Physical Skills Perform a range of skills with some control and consistency. 45 mins a week	Real Dance: Unit 1 Creative Skills Create and link some movements together. 45 mins a week	Real PE Unit 3 Cognitive Skills Dynamic Balance: Small base 45 mins a week	Real PE Unit 4 Creative skills coordination: ball skills and counter balance in pairs. 45 mins a week
	Year 2	Real Dance Unit 1 Creative Skills: Compare movements and skills 45 mins a week	Real PE Unit 2 Social Skills, Seated balance and Dynamic balance 45 mins a week	Real Gymnastics Unit 2 Personal Skills Learn different types of jumps and leaps. 45 mins a week	Real PE Unit 4 Creative Skills: Coordination – ball skills and counter balance 45 mins a week	Real PE Unit 5 Applying physical skills activity Coordination with equipment and agility 45 mins a week	Real PE Unit 6 Health and Fitness Agility: ball chasing and static balance: floor work 45 mins a week
Lower Key Stage 2	Year 3	Real PE Unit 1 Personal Skills Floor Movement Patterns 45 mins a week	Real Dance Unit 1 Creative Skills: Recognise similarities and differences in movements and expression. 45 mins a week	Real Gymnastics Unit 2 Physical Skills Perform a sequence of movements with some changes in level, direction or speed.	Real PE Unit 3 Cognitive Skills Dynamic balance and coordination: ball skills 45 mins a week	Real PE Unit 5 Applying physical skills Agility, reaction and response, static balance, floor work 45 mins a week	Real PE Unit 6 Health and Fitness Agility, ball chasing, static balance, small base 45 mins a week

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				45 mins a week			
	Year 4	Swimming – 1 ½ terms per class					
		<p style="text-align: center;">Real Gymnastics Unit 1</p> <p>Personal Skills Explore partner balances and begin to link these to create a sequence.</p> <p style="text-align: center;">45 mins a week</p>	<p style="text-align: center;">Real PE Unit 2 Social Skills Dynamic Balance to Agility Jumping and Landing</p> <p style="text-align: center;">45 mins a week</p>	<p style="text-align: center;">Real Dance Unit 1 Creative Skills</p> <p>Recognise similarities and differences in movements and expression.</p> <p style="text-align: center;">45 mins a week</p>			
Upper Key Stage 2	Year 5	<p style="text-align: center;">Real Dance Unit 1 Creative Skills</p> <p>Explore different ways to perform gymnastics skills with a ball and begin to link these to create a sequence.</p> <p style="text-align: center;">45 mins a week</p>	<p style="text-align: center;">Real PE Unit 1 Cognitive Skills</p> <p style="text-align: center;">45 mins a week</p>	<p style="text-align: center;">Real Gymnastics Unit 1 Personal Skills</p> <p>Explore different ways to perform gymnastics skills with a ball and begin to link these to create a sequence.</p> <p style="text-align: center;">45 mins a week</p>	<p style="text-align: center;">Real PE Unit 3 Social Skills</p> <p style="text-align: center;">45 mins a week</p>	<p style="text-align: center;">Real Gymnastics Unit 1 Physical Skills</p> <p>Explore different ways to perform gymnastics skills with a ball and begin to link these to create a sequence.</p> <p style="text-align: center;">45 mins a week</p>	<p style="text-align: center;">Real PE Unit 5 Health and Fitness</p> <p style="text-align: center;">45 mins a week</p>

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	Year 6	<p>Real PE Unit 2 Creative Skills Static balance: seated and floor work</p> <p>45 mins a week</p>	<p>Real PE Unit 4 Applying physical Skills</p> <p>Dynamic balance to agility 1 leg static balance</p> <p>45 mins a week</p>	<p>Real Gymnastics Unit 1 Cognitive Skills</p> <p>Explore different ways to perform gymnastics skills with a ball and begin to link these to create a sequence.</p> <p>45 mins a week</p>	<p>Real Dance Unit 1 Health and Fitness Skills</p> <p>Linking shapes and moves into a repeatable sequence</p> <p>45 mins a week</p>	<p>Real Gymnastics Unit 1 Personal Skills</p> <p>Explore different ways to perform gymnastics skills with a ball and begin to link these to create a sequence.</p> <p>45 mins a week</p>	<p>Real PE Unit 6 Personal skills Coordination with equipment and agility ball chasing</p> <p>45 mins a week</p>
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Richard Graham (PSD): *Outdoor PE*

Focus: Games

Class Teachers: *Indoor PE*

Focus: Real PE, Dance and Gymnastics