

Eppleton whole school PE long-term plan - 2020-21

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

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

LKS2

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

UKS2

5	<i>Swimming</i>	<i>Swimming</i>	<i>Hockey</i>	<i>Dance</i>	<i>Swimming</i>	<i>Rounders (and Sports Day preparation)</i> <i>Chn who haven't met swimming standard in Y5/6 to attend swimming lessons</i>
			<u>Real PE unit 1</u> Skill focus: Coordination - ball skills & Agility - reaction and response Wider skill focus: Cognitive skills	<u>Real PE unit 2</u> Skill focus: Static balance - seated & Static balance - floor work Wider skill focus: Creative skills		<u>Real PE unit 3</u> Skill focus: Dynamic balance - on a line & Counter balance - with a partner Wider skills focus: Social skills
6	<i>Types of training (e.g. continuous, interval, fartlek and circuit)</i> <i>Athletics</i>	<i>Gymnastics</i>	<i>Badminton</i>	<i>Tag rugby</i>	<i>Football</i>	<i>Cricket - delivered by coaches at Eppleton Cricket Ground (and Sports Day preparation)</i> <i>Chn who haven't met swimming standard in Y5/6 to attend swimming lessons</i>

	<u>Real PE unit 4</u>	<u>Real PE unit 5</u>	<u>Real PE unit 6</u>	<u>Real PE unit 1</u>	<u>Real PE unit 2</u>	<u>Real PE unit 3</u>
	<p>Skill focus: Dynamic balance to agility - jumping and landing & Static balance - one leg</p> <p>Wider skill focus: Physical skills</p>	<p>Skill focus: Static balance - stance & Coordination - footwork</p> <p>Wider skill focus: Health & Fitness skills</p>	<p>Skill focus: Coordination - sending and receiving & Agility - ball chasing</p> <p>Wider skill focus: Personal skills</p>	<p>Skill focus: Coordination - ball skills & Agility - reaction and response</p> <p>Wider skill focus: Cognitive skills</p>	<p>Skill focus: Static balance - seated & Static balance - floor work</p> <p>Wider skill focus: Creative skills</p>	<p>Skill focus: Dynamic balance - on a line & Counter balance - with a partner</p> <p>Wider skills focus: Social skills</p>
<ul style="list-style-type: none"> <i>Intra and inter-school sport events will take part throughout the year across all key stages.</i> <i>Along with our annual Sports Day, in the Summer term, KS1 & KS2 will take part in the 'Eppleton Invictus Games' within National Sports Week: this will consist of a range of intra-school events, which will allow children to display an understanding of fair play, work well with and lead others, as well as utilising new skills in competitive situations. They will be given opportunities to engage in various new, inclusive activities; interact within a group with a common goal; improvise and solve new problems. Activities will include: throlf, goalball, boccia, dangerball, connect3, lava leap, and the human knot.</i> 						