



Ellingham CE VC & Woodton Primary Federation



PE Curriculum Long Term Plan

| Odd Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------------------------|----------------------------------------------|---------------------------------------|----------------------------------------------|
| Sparrows (Reception) | <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | | | | | |
| Skylarks & Willows (Years 1 & 2) | Real PE Yr 1/2 Unit 1 Personal | Real PE Yr 1/2 Unit 4 Creative | Real PE Yr 1/2 Unit 2 Social | Real PE Yr 1/2 Unit 5 Physical | Real PE Yr 1/2 Unit 3 Cognitive | Real PE Yr 1/2 Unit 6 Health & Fitness |
| | Multi-skills (B) | Dance: Beatrix Potter | Gym | Throwing and Catching Skills | Batting Skills | Athletics |
| Swifts & Sycamores (Years 3 & 4) | Real PE Yr 3/4 Unit 2 Social | Real PE Yr 3/4 Unit 4 Creative | Real PE Yr 3/4 Unit 5 Physical | Real PE Yr 3/4 Unit 6 Health & Fitness | Real PE Yr 3/4 Unit 3 Cognitive | Real PE Yr 3/4 Unit 1 Personal |
| | Competitive games: Football / mat ball | Dance: The Haka | Gym | Multi-skills | Rounders | Athletics |
| Swallows & Oaks (Years 5 & 6) | Swimming | | Real PE Yr 5/6 Unit 2 Creative | Real PE Yr 5/6 Unit 5 Health & Fitness | OAA | Athletics/Sports Day Activities |
| | Sports Leader/Cross country/fitness | | Dance | Competitive games: Tag Rugby / Hockey | Rounders | Mini Tennis |



PE Curriculum Long Term Plan

| Even Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------------------------|-------------------------------------------|----------------------------------------------|----------------------------------------------|
| Sparrows (Reception) | <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | | | | | |
| Skylarks & Willows (Years 1 & 2) | Real PE Yr 1/2 Unit 1 Personal | Real PE Yr 1/2 Unit 4 Creative | Real PE Yr 1/2 Unit 5 Physical | Real PE Yr 1/2 Unit 2 Social | Real PE Yr 1/2 Unit 3 Cognitive | Real PE Yr 1/2 Unit 6 Health & Fitness |
| | Multi-skills (A) | Dance: Penquin Café | Gym | Ball skills | Mini Tennis | Athletics |
| Swifts & Sycamores (Years 3 & 4) | Real PE Yr 3/4 Unit 3 Cognitive | Real PE Yr 3/4 Unit 4 Creative | Real PE Yr 3/4 Unit 5 Physical | Real PE Yr 3/4 Unit 2 Social | Real PE Yr 3/4 Unit 6 Health & Fitness | Real PE Yr 3/4 Unit 1 Personal |
| | Competitive games: Basketball | Health & Fitness | Gym | OAA | Mini Tennis | Kwik Cricket |
| Swallows & Oaks (Years 5 & 6) | Swimming | | Real PE Yr 5/6 Unit 3 Social | Real PE Yr 5/6 Unit 1 Cognitive | Real PE Yr 5/6 Unit 6 Personal | Real PE Yr 5/6 Unit 4 Physical |
| | Sports Leader/Fitness | | Gym | Competitive games: netball / dodgeball | Kwik Cricket | Athletics/Sports Day Events |