2024-2025 PE Long Term Plan

Year Group	PE Focus	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	RealPE Foundations	Real Foundations coverage is dependent on class – more time used for themes/specific objectives for individual/group needs. Possible themes for Nursery using Real Foundations in each term listed below.					
		Cat (Static Balance: Floor work) Tightrope (Static Balance: Stance)		Pirates (Static Balance: One Leg) Fairy tale (Agility: Reaction/ Response)		Train (Dynamic Balance: On a line) Squirrel (Agility: Ball chasing) Space: Dynamic Balance to Agility (Jumping and Landing)	
Reception Foxes and Squirrels	Main session	**Focus on ELGs** Focus on Managing Self and Gross Motor Skills. **Continuous Provision** **Active Play**	**Focus on ELGs** Focus on Managing Self and Gross Motor Skills. **Continuous Provision** **Active Play**	**Core Real PE Unit 1 Personal** Skill: Footwork Skill: One Leg Balance	**Real Gym Unit 1 Physical** Shape Travel	**Real Dance Unit 1 Cognitive** Shapes, Partnering, Artistry, Circles	**Core Real PE Unit 4 Creative** Skill: Ball skills Skill: Counter Balance
	Additional active opportunities			**Continuous Provision** **Active Play**	**Real PE Daily** Fundamental Movement Skills	**Real PE Daily** Fundamental Movement Skills	**Athletics** Practise activities for Sports Day
Year 1 Hedgehogs and Otters	Main session	**Core Real PE Unit 1 Personal** Skill: Footwork Skill: One Leg Balance	**Real Dance Unit 1 Cognitive** Shapes, Artistry, Partnering, Circles	**Core Real PE Unit 2 Social** Skill: Jumping and Landing Skill: Seated Balance	**Real GYM Unit 1 Creative** Shape Travel	**Core Real PE Unit 5 Physical** Skill: Sending and Receiving Skill: Reaction and Response	**Core Real PE Unit 6 Health and Fitness** Skill: Ball Chasing Skill: Floorwork
	Additional active opportunities	**Playground Games** Turn taking, team games, resilience, following instructions **Yoga and Zumba** **Active Play** **Outdoor Explorers**	**Winter Wonderland Dance** Explore movement Change speed **Active Play** **Outdoor Explorers**	**Yoga** Build flexibility and balance Develop balance, agility and co-ordination **Chinese New Year Dance** **Active Play** **Outdoor Explorers**	**Multi-skills and Target Games** **Active Play** **Outdoor Explorers**	**Tri-Golf** **Bat and Ball Skills** **Active Play** **Outdoor Explorers**	**Athletics** Running at different speeds, changing direction, jumping and throwing **Sports Day practise** **Active Play** **Outdoor Explorers**
Year 2 Owls and Kingfishers	Main session	**Core Real PE Unit 3 Cognitive** Skill: Dynamic Balance Skill: Stance Static Balance	**Real Dance Unit 1 Creative / Social** Shapes, Partnering, Circles, Artistry	**Real GYM Unit 1 Personal** Balance Travel	**Core Real PE Unit 5 Physical** Skill: Sending and Receiving Skill: Reaction and Response	**Core Real PE Unit 6 Health and Fitness** Skill: Ball Chasing Skill: Floorwork	**Athletics** Running at different speeds, jumping and throwing Improving own performance Keeping score
	Additional active opportunities	**Mindfulness - Cosmic Kids** Mental Health **Active Play** **Outdoor Explorers**	**Yoga** Build strength, flexibility and co-ordination Decision making **Active Play** **Outdoor Explorers**	**Great Fire of London Dance** Teamwork Sequencing Mirroring **Active Play** **Outdoor Explorers**	**Life in the Rainforest Dance** Explore levels and speed Collaborative group dance Expression **Active Play** **Outdoor Explorers**	**Teambuilding** **Field Games** **Active Play** **Outdoor Explorers**	**Sports Day practise** **Active Play** **Outdoor Explorers**

There are six key areas or multi-abilities which underpin learning in REAL PE. These are transferable to the learning in all other areas of the wider curriculum. We refer to these areas as COGS. These are:



Additional active opportunities

Norwich School Sport Partnership trips for Year 1 and Year 2 and workshops delivered to Reception linked to topic
Dance Show Competition 2025
Sports clubs influenced by pupil voice
Regular Mindfulness sessions and Calm Day to promote and support children's emotional wellbeing
Links to local clubs for lifelong learning opportunities
Less active pupils identified and offered Change4Life and Activ60 opportunities