

St. Francis Xavier's RC Primary

Long Term Planning 2023 - 2024 Curriculum Area: PE Key stage 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Motor Skills: Write dance, Disco dough- MS Penpals exercises Real PE – The birthday Bike Fun station 10 – Co-ordination, floor movement patterns</p>	<p>Motor Skills: Write dance, Disco dough- MS Penpals exercises Real PE – Journey to the blue planet Fun station 6 – Dynamic Balance to agility Real PE – Monkey Business Fun station 2 Static Balance seated</p>	<p>Real PE – Pirate Pranks Fun station 1 –Static Balance one leg standing Real PE –Casper the very clever cat Fun station 3 Static Balance floor work</p>	<p>Real PE – Sammy squirrel & his rolling nuts Fun station 11 – ball chasing Real PE –Thembe walks the tightrope Fun station 4 Static Balance small base</p>	<p>Real PE – John & Jasmine learn to juggle Fun station 8 – Co-ordination with equipment Sports day preparation</p>	<p>Real PE – Ringo to the rescue Fun station 12 – Reaction to response Real PE – Tilly the trains big day Fun station 5 – Dynamic balance</p>
<p>Year 1 FRIDAY-PACES Missing 2,7,9</p>	<p>Games <u>Real PE linked skills</u> Skill 1 – Static Balance Skill 10 – Movement Patterns <u>Cultural Capital'</u> Handball - Mikkel Hanson</p>	<p>Gymnastics <u>Real PE linked skills</u> Skill 1 – Static Balance: seated Skill 3 – Static balance floor work <u>Cultural Capital'</u> Gymnastics - Jamie Lewis Gymnastics – Claudia Fragapane</p>	<p>Dance <u>Real PE linked skills</u> Skill 5 – Dynamic Balance Skill 4 – Static Balance small base <u>Cultural Capital'</u> Group Dance - Diversity N.o 1 Dancer - Michael Jackson</p>	<p>Games <u>Real PE linked skills</u> Skill 11 – Agility: Ball chasing Skill 12 – Agility: Reaction response <u>Cultural Capital'</u> Handball – Nadine Kravse</p>	<p>Multi Skills <u>Real PE linked skills</u> Skill 6 – Dynamic Balance to agility Skill 8 – Co-ordination with equipment <u>Cultural Capital'</u> Zeus – Greek Olympian Apollo – Greek Olympian</p>	<p>Athletics/gym <u>Real PE linked skills</u> Skill 6 – Dynamic Balance to agility Skill 3 – Static balance floor work <u>Cultural Capital'</u> Athletics - Katarina Johnson-Thompson Gymnastics - Jamie Lewis</p>
<p>Year 2 Tuesday-PACES Missing 2,3</p>	<p>Invasion Games <u>Real PE linked skills</u> Skill 1 – Static Balance Skill 5 – Dynamic Balance <u>Cultural Capital'</u> Dodgeball – Britney Massro Justin Payan</p>	<p>Games <u>Real PE linked skills</u> Skill 12 – Agility: Reaction response Skill 11 - Agility: Ball chasing <u>Cultural Capital'</u> Handball - Mikkel Hanson</p>	<p>Gymnastics/wall bars <u>Real PE linked skills</u> Skill 4 – Static balance: seated Skill 5 – Dynamic Balance <u>Cultural Capital'</u> Gymnastics - Jamie Lewis Gymnastics – Claudia Fragapane</p>	<p>Country dancing/dance <u>Real PE linked skills</u> Skills 7 – Counterbalance in pairs <u>Cultural Capital'</u> Types of dance - Marcarena The stroll</p>	<p>Multi skills <u>Real PE linked skills</u> Skill 9 – Co-ordination ball skills Skill 8 – Co-ordination with equipment Skill 12 – Agility: Reaction response <u>Cultural Capital'</u> Zeus – Greek Olympian Apollo – Greek Olympian</p>	<p>Athletics <u>Real PE linked skills</u> Skill 10 – Movement Patterns Skill 6 – Dynamic Balance to agility <u>Cultural Capital'</u> Athletics - Katarina Johnson-Thompson Discuss – Jurgen Schult</p>

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Long Term Planning 2023 - 2024 Curriculum Area: PE Key stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 Monday 1-2 PACES Missing 3,4,7	<p style="text-align: center;">Hockey <u>Real PE linked skills</u></p> <p>Skill 11 - Agility ball chasing</p> <p>Skill 8 - Co-ordination with equipment</p> <p><u>Cultural Capital'</u> Dhanraj Pillay Nicola White</p>	<p style="text-align: center;">Gymnastics <u>Real PE linked skills</u></p> <p>Skills 10 - Coordination floor movement</p> <p>Skill 1 - Static balance (one leg)</p> <p>Skill 6 - Dynamic balance (agility)</p> <p><u>Cultural Capital'</u> Matt Whitlock</p>	<p style="text-align: center;">Hi5 <u>Real PE linked skills</u></p> <p>Skill 12 - Agility reaction/ response</p> <p>Skills 9 - Coordination ball skills</p> <p><u>Cultural Capital'</u> Eleanor Cardwell</p>	<p style="text-align: center;">Athletic / fielding & Throwing and Rounders <u>Real PE linked skills</u></p> <p>skill 5 - Dynamic balance</p> <p>Skill 6 - Dynamic balance (agility)</p> <p>Skill 2 - Co-ordination with equipment</p> <p><u>Cultural Capital'</u> Zeus – Greek Olympian</p>	Swimming	
Year 4 Thursday Rest of year (PACES) Monday 2-3 AUT2 Monday 1-2 SUMMER Missing 1,3,4,8	<p style="text-align: center;">Futsal <u>Real PE linked skills</u></p> <p>Skills 11 - Agility ball chasing</p> <p>Skill 6 - Dynamic balance (agility)</p> <p><u>Cultural Capital'</u> Falcao</p>	<p style="text-align: center;">Dance <u>Real PE linked skills</u></p> <p>Skill 7 - Dynamic balance (pairs)</p> <p>Skills 10 - Coordination floor movement</p> <p>Skill 5 - Dynamic balance</p> <p><u>Cultural Capital'</u> Group Dance - Diversity</p>	Swimming		<p style="text-align: center;">Tennis <u>Real PE linked skills</u></p> <p>Skills 5 - Dynamic balance</p> <p>Skill 9 - Co-ordination ball skills</p> <p>Skill 12 - Agility reaction/ response</p> <p><u>Cultural Capital'</u> Andrew Murray Steffi Graf</p>	<p style="text-align: center;">Rounder's/Athletics <u>Real PE linked skills</u></p> <p>Skills 7 - Dynamic balance (pairs)</p> <p>Skill 2 - Static balance (small base)</p> <p><u>Cultural Capital'</u> Athletics - Katarina Johnson-Thompson Discuss – Jurgen Schult</p>



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Year 5 Monday 2-3 PACES Missing 5,7,10	Hockey <u>Real PE linked skills</u> Skills 11 - Agility ball chasing Skill 8 - Coordination with equipment <u>Cultural Capital'</u> Dhanraj Pillay Nicola White	Swimming	Gymnastics <u>Real PE linked skills</u> Skill 2 - Static balanced (seated) Skill 3 - Static balance (floor) <u>Cultural Capital'</u> Jamie Lewis Claudia Fragapane	Handball <u>Real PE linked skills</u> Skill 6 - Dynamic balance (agility) Skill 9 – Coordination Ball Skills <u>Cultural Capital'</u> Handball - Mikkel Hanson	Athletics <u>Real PE linked skills</u> Skill 1 - Static balance (one leg) Skill 6 - Dynamic balance (agility) <u>Cultural Capital'</u> Katarina Johnson-Thompson	Cricket <u>Real PE linked skills</u> Skill 4 - Static balance (small base) Skill 12 - Agility reaction/ response <u>Cultural Capital'</u> Sachin Tendulkar Georgia Elwiss
Year 6 Wednesday MG Missing 2,5,6,11	Swimming	Hi 5 <u>Real PE linked skills</u> Skills 8 - Coordination with equipment Skill 12 - Agility reaction/ Response <u>Cultural Capital'</u> Geva Mentor	Dance- salsa <u>Real PE linked skills</u> Skills 7 - Dynamic balance (pairs) Skill 3 - Static balance (floor) <u>Cultural Capital'</u> Eddie Torres Griselle Ponce	Futsal <u>Real PE linked skills</u> Skills 9 - Coordination ball skills Skill 1 - Static balance (one leg) <u>Cultural Capital'</u> Falcao	Tag rugby <u>Real PE linked skills</u> Skills 10 - Coordination floor movement Skill 4 - Agility ball chasing <u>Cultural Capital'</u> Jonny Wilkinson Jonah Lomu	Tennis <u>Real PE linked skills</u> Skills 12 - Agility reaction/ response Skill 8 - Coordination with equipment <u>Cultural Capital'</u> Andrew Murray Steffi Graf

