Long Term Plan – Semi-Formal

Life Skills & Social – My Physical Wellbeing – Real P.E & Sports, Games and Aquatics

Points to note

- The first whole week back every Autumn Term has a People – All About Me focus
- The last week every Autumn Term has a Festival – Christmas focus
- The second to last full week in Summer Term 2 is Enrichment Week

The weeks detailed below exclude the above activities.

Year 1 – EYFS

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Real PE Foundations Juggling	Real PE Foundations Space	Real PE Foundations Fairy Tale	Real PE Foundations Sea Side	Real PE Foundations Train and Bike	Real PE Foundations Train and Bike

Year 1 – Years 1 & 2

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Real PE Foundations Unit 1: Personal Skills	Real PE Foundations Unit 2: Social Skills	Real PE Foundations Unit 3: Cognitive Skills	Real PE Foundations Unit 4: Creative Skills	Real PE Foundations Unit 5: Physical Skills	Real PE Foundations Unit 6: Fitness Skills

Year 2 – Years 1 & 2

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Real PE Foundations Unit 1: Personal Skills	Real PE Foundations Unit 2: Social Skills	Real PE Foundations Unit 3: Cognitive Skills	Real PE Foundations Unit 4: Creative Skills	Real PE Foundations Unit 5: Physical Skills	Real PE Foundations Unit 6: Fitness Skills

Year 1 – Years 3 & 4

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Year 2 – Unit 1: Personal (In addition: My Creativity, My Dance and Real Play)	Year 2 – Unit 4: Creativity (In addition: My Creativity, My Dance and Real Play)	Real Gym Year 2 – Unit 1: Select Social	Year 2 – Unit 3: Cognitive	Year 2 – Unit 5: Physical	Year 2 – Unit 6: Fitness

Year 2 – Years 3 & 4

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Year 2 – Unit 1: Personal	Year 2 – Unit 4: Creativity	Real Gym	Year 2 – Unit 3: Cognitive	Year 2 – Unit 5: Physical	Year 2 – Unit 6: Fitness

(In addition: My Creativity, My Dance and Real Play)	(In addition: My Creativity, My Dance and Real Play)	Year 2 – Unit 2: Select Social			

Year 1 – Years 5 & 6

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Real PE Year 4 – Unit 1: Personal Skills (In addition: Real Play)	Real PE Year 4 – Unit 2: Social (In addition: Real Play)	Real PE Year 4 – Cognitive (In addition: My Creativity, My Dance)	Real Gym Year 4 – Unit 1: Creative (In addition: My Creativity, My Dance)	Year 4 – Unit 5: Physical Sports Day	Year 4 – Unit 6: Fitness

Year 2 – Years 5 & 6

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks
Real PE Year 4 – Unit 1: Personal Skills (In addition: Real Play)	Real PE Year 4 – Unit 2: Social (In addition: Real Play)	Real PE Year 4 – Cognitive (In addition: My Creativity, My Dance)	Real Gym Year 4 – Unit 2: Creative (In addition: My Creativity, My Dance)	Year 4 – Unit 5: Physical Sports Day	Year 4 – Unit 6: Fitness

Year 1 – Years 7, 8 & 9

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks

Year 2 – Years 7, 8 & 9

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks

Year 3 – Years 7, 8 & 9

Autumn		Spring		Summer	
7 weeks	7 weeks	6 weeks	6 weeks	7 weeks	7 weeks