

Long Term Plan - Real PE

Autumn 1		
Personal Unit 1 Year 3	Level 2	Level 3
Week 1	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up High Baby! Activity 1) 1st gear. 2. Main: (Lesson 1 Warm Up High Baby! Activity 2) Athletic stance awareness 3. Plenary (Lesson 1 Warm Up High Baby! Activity 3) 2nd gear 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up High Baby! Activity 1) 1st gear. 2. Main: (Lesson 1 Warm Up High Baby! Activity 2) Athletic stance awareness Main: Lesson 1: PB Challenge Matching pairs. Main: Lesson 1: PB Challenge Balloon Balance. 3. Plenary (Lesson 1 Warm Up High Baby! Activity 3) 2nd gear
Week 2	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up High Baby! Activity 3) 2nd gear 2. Main: (Lesson 1 Warm Up High Baby! Activity 4) Arm's driving 3. Plenary: (Lesson 1 Warm Up High Baby! Activity 5) Good morning 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up High Baby! Activity 3) 2nd gear 2. Main: (Lesson 1 Warm Up High Baby! Activity 4) Arm's driving Main: Lesson 2: Skill Footwork. Watch the video 'I can hopscotch forwards and backwards, hopping on the same foot (right and left). Watch yellow, green, red, blue, pink or black according to ability. Main: Lesson 2: Skill Application: Footwork Games. Start easier hop sidestep and progress to harder add height sidestep/reverse pivot. 3. Plenary: (Lesson 1 Warm Up High Baby! Activity 5) Good morning
Week 3	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up High Baby! Activity 6) 3rd gear 2. Main: (Lesson 1 Warm Up High Baby! Activity 7) Hi 5 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up High Baby! Activity 6) 3rd gear 2. Main: (Lesson 1 Warm Up High Baby! Activity 7) Hi 5 Main: Lesson 3: Footwork. Watch the video 'I can hopscotch forwards and backwards, hopping on the

	<p>3. Plenary: (Lesson 1 Warm Up High Baby! Activity 8) 4th gear prep</p>	<p>same foot (right and left). Watch yellow, green, red, blue, pink or black according to ability. Main: Lesson 3: Skills Application Follow the Leader. Physical challenge. Start easier and get harder according to ability.</p> <p>3. Plenary: (Lesson 1 Warm Up High Baby! Activity 8) 4th gear prep</p>
Week 4	<p>1. Starter: (Lesson 1 Warm Up High Baby! Activity 8) 4th gear prep</p> <p>2. Main: (Lesson 1 Warm Up High Baby! Activity 9) 4th gear</p> <p>3. Plenary: (Lesson 1 Warm Up High Baby! Activity 10) 5th gear</p>	<p>1. Starter: (Lesson 1 Warm Up High Baby! Activity 8) 4th gear prep</p> <p>2. Main: (Lesson 1 Warm Up High Baby! Activity 9) 4th gear Main: Lesson 4 Skill Footwork: Watch the video 'I can hopscotch forwards and backwards, hopping on the same foot (right and left). Watch yellow, green, red, blue, pink or black according to ability. Main: Lesson 4 Skill Application: Mirroring and Matching. Physical Challenge. Start easier hop and sidestep and get harder according to ability.</p> <p>3. Plenary: (Lesson 1 Warm Up High Baby! Activity 10) 5th gear</p>
Week 5	<p>1. Starter: (Lesson 1 Warm Up High Baby! Activity 11) Baby 5!</p> <p>2. Main: (Lesson 1 Warm Up High Baby! Activity 12) Switching gears</p> <p>3. Plenary: (Lesson 1 Warm Up High Baby! Activity 13) High baby</p>	<p>1. Starter: (Lesson 1 Warm Up High Baby! Activity 11) Baby 5!</p> <p>2. Main: (Lesson 1 Warm Up High Baby! Activity 12) Switching gears Main: Lesson 5 Skill Footwork: Watch the video 'I can hopscotch forwards and backwards, hopping on the same foot (right and left). Watch yellow, green, red, blue, pink or black according to ability.</p>

Key Stage
Year Groups
School Year

KS2
3,4,5 & 6
2021-2022



		<p>Main: Lesson 5 Skill Application: Mirroring and Matching. Physical Challenge. Start easier hop and sidestep and get harder according to ability.</p> <p>3. Plenary: (Lesson 1 Warm Up High Baby! Activity 13) High baby</p>
Week 6	Assessment	Assessment

Autumn 2		
Social unit 2 Shape Up	Level 2	Level 3
Week 1	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 1) Create your own shape 2. Main: (Warm Up Lesson 1 Shape Up! Activity 2) Changing shapes 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 3) Choosing your shape 	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 1) Create your own shape 2. Main: (Warm Up Lesson 1 Shape Up! Activity 2) Changing shapes Main: Lesson 1 PB Challenge Develop Combinations (Jumping- Competitive) Main: Lesson 1 PB challenge (Exchange Objects) 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 3) Choosing your shape
Week 2	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 4) teach and learn shapes. 2. Main: (Warm Up Lesson 1 Shape Up! Activity 5) Develop a Sequence 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 6) Perform the sequence 	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 4) teach and learn shapes. 2. Main: (Warm Up Lesson 1 Shape Up! Activity 5) Develop a Sequence Main: Lesson 2 Skill (Jumping and Landing) Main: Lesson 2 Skill Application (Stepping Stones Crossing) 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 6) Perform the sequence

Week 3	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 7) Synchronise the sequence. 2. Main: (Warm Up Lesson 1 Shape Up! Activity 8) Perform in time to music 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 9) Complex canon 	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 7) Synchronise the sequence. 2. Main: (Warm Up Lesson 1 Shape Up! Activity 8) Perform in time to music Main: Lesson 3 Skills (Jumping and Landing) Main: Lesson 3 Skills Application: Stepping Stones (Jumping) 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 9) Complex canon
Week 4	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 10) Double speed 2. Main: (Warm Up Lesson 1 Shape Up! Activity 11) Different speeds 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 12) Changing speeds 	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 10) Double speed 2. Main: (Warm Up Lesson 1 Shape Up! Activity 11) Different speeds Main: Lesson 4: Skill Jumping and Landing Main: Lesson 4: Skill Application Stepping Stones (Jumping- Cooperative) 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 12) Changing speeds
Week 5	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 13) Travelling shapes 2. Main: (Warm Up Lesson 1 Shape Up! Activity 14) Travelling, turning, jumping 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 15) Changing formations 	<ol style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Shape Up! Activity 13) Travelling shapes 2. Main: (Warm Up Lesson 1 Shape Up! Activity 14) Travelling, turning, jumping Main: Lesson 5 Skill Jumping and Landing Main: Lesson 5 Skill Application Follow the Leader (Stepping Stones) 3. Plenary: (Warm Up Lesson 1 Shape Up! Activity 15) Changing formations
Week 6	Assessment	Assessment

Spring 1		
Cognitive Unit 3 All Change	Level 2	Level 3
Week 1	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 1) Passing and receiving in pairs 2. Main: (Lesson 1 Warm Up All Change Activity 2) Inside change 3. Plenary: (Lesson 1 Warm Up All Change Activity 3) Outside change 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 1) Passing and receiving in pairs 2. Main: (Lesson 1 Warm Up All Change Activity 2) Inside change Main: Lesson 1 PB Challenge 3 limb Race. Main: Lesson 1 PB Challenge Getting Around Us (Competitive) 3. Plenary: (Lesson 1 Warm Up All Change Activity 3) Outside change
Week 2	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All change Activity 4) High-five with the other teams 2. Main: (Lesson 1 Warm Up All Change Activity 5) Partner change 3. Plenary: (Lesson 1 Warm Up All Change Activity 6) Ball change 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All change Activity 4) High-five with the other teams 2. Main: (Lesson 1 Warm Up All Change Activity 5) Partner change Main: Lesson 2 Skill On a Line Main: Lesson 2 Skill Application Follow the Leader (4 Levels) 3. Plenary: (Lesson 1 Warm Up All Change Activity 6) Ball change
Week 3	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 7) Run-around 2. Main: (Lesson 1 Warm Up All Change Activity 8) Down 3. Plenary: (Lesson 1 Warm Up All Change Activity 9) Chest, bounce, shoulder 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 7) Run-around 2. Main: (Lesson 1 Warm Up All Change Activity 8) Down Main: Lesson 3 Skill On a Line Main: Lesson 3 Skill Application Raise the level 3. Plenary: (Lesson 1 Warm Up All Change Activity 9) Chest, bounce, shoulder

Key Stage
Year Groups
School Year

KS2
3,4,5 & 6
2021-2022



Week 4	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 10) Move with the ball 2. Main: (Lesson 1 Warm Up All Change Activity 11) Add the pop pass 3. Plenary: (Lesson 1 Warm Up All Change Activity 12) Fake the pop pass 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 10) Move with the ball 2. Main: (Lesson 1 Warm Up All Change Activity 11) Add the pop pass Main: Skill On a Line Main: Skill Application Balance Circuits 3. Plenary: (Lesson 1 Warm Up All Change Activity 12) Fake the pop pass
Week 5	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 13) Inside double pop 2. Main: (Lesson 1 Warm Up All Change Activity 14) Kicking or striking 3. Plenary: (Lesson 1 Warm Up All Change Activity 15) One touch 	<ol style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up All Change Activity 13) Inside double pop 2. Main: (Lesson 1 Warm Up All Change Activity 14) Kicking or striking Main: Lesson 5 Skill On a Line Main: Lesson 5 Skill Application Travel and Turn Differently 3. Plenary: (Lesson 1 Warm Up All Change Activity 15) One touch
Week 6	Assessment	Assessment

Spring 2		
Creative Unit 4 Like Clockwise	Level 2	Level 3
Week 1	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 1) Seated sequence 2. Main: (Warm Up lesson 1 Like clockwise Activity 2) Standing sequence 3. Plenary: (Warm Up lesson 1 Like clockwise Activity 3) Moving sequence 	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 1) Seated sequence 2. Main: (Warm Up lesson 1 Like clockwise Activity 2) Standing sequence Main: Lesson 1 PB Challenge: Jungle Challenge Main: Lesson 1 PB Challenge: Roller Ball

Key Stage
Year Groups
School Year

KS2
3,4,5 & 6
2021-2022



		3. Plenary: (Warm Up lesson 1 Like clockwise Activity 3) Moving sequence
Week 2	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 4) Explore and send 2. Main: (Warm Up lesson 1 Like clockwise Activity 5) Orbit ball 3. Plenary: (Warm Up lesson 1 Like clockwise Activity 6) Double trouble 	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 4) Explore and send 2. Main: (Warm Up lesson 1 Like clockwise Activity 5) Orbit ball Main: Lesson 2 Skill: Sending and Receiving Main: Lesson 2 Skill Application: Collect Your Rebound 3. Plenary: (Warm Up lesson 1 Like clockwise Activity 6) Double trouble
Week 3	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 7) Which one's which? 2. Main: (Warm Up lesson 1 Like clockwise Activity 8) Rotate clockwise 3. Plenary: (Warm Up lesson 1 Like clockwise Activity 9) Anti clockwise 	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 7) Which one's which? 2. Main: (Warm Up lesson 1 Like clockwise Activity 8) Rotate clockwise Main: Lesson 3 Skill: Sending and Receiving Main: Lesson 3: Skill Application: Send and Receive in Order. 3. Plenary: (Warm Up lesson 1 Like clockwise Activity 9) Anti clockwise
Week 4	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 10) Move in any direction 2. Main: (Warm Up lesson 1 Like clockwise Activity 11) Different skills 3. Plenary: (Warm Up lesson 1 Like clockwise Activity 12) Defence to attack 	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 10) Move in any direction 2. Main: (Warm Up lesson 1 Like clockwise Activity 11) Different skills Main: Lesson 4: Skill: Sending and Receiving Main: Lesson 4: Skill Application: Explore and Compare 3. Plenary: (Warm Up lesson 1 Like clockwise Activity 12) Defence to attack
Week 5	<ol style="list-style-type: none"> 1. Starter: (Warm Up lesson 1 Like clockwise Activity 13) Rotate and defend 	<ol style="list-style-type: none"> 1. Activity 13) Rotate and defend 2. Main: (Warm Up lesson 1 Like clockwise Activity 14) Outwit your opponents

Key Stage
Year Groups
School Year

KS2
3,4,5 & 6
2021-2022



	<ol style="list-style-type: none"> Main: (Warm Up lesson 1 Like clockwise Activity 14) Outwit your opponents Plenary: (Warm Up lesson 1 Like clockwise Activity 15) 2 ball challenges 	<p>Main: Lesson 5: Skill: Sending and Receiving Main: Lesson 5: Skill Application: Collect a Different Rebound. Plenary: (Warm Up lesson 1 Like clockwise Activity 15) 2 ball challenges</p>
Week 6	Assessment	Assessment

Summer 1		
Physical Unit 5 Continuous Relay	Level 2	Level 3
Week 1	<ol style="list-style-type: none"> Starter: (Warm Up Lesson 1 Continuous Activity 1) Go on red Main: (Warm Up Lesson 1 Continuous Activity 2) Weave Plenary: (Warm Up Lesson 1 Continuous Activity 3) Heads up 	<ol style="list-style-type: none"> Starter: (Warm Up Lesson 1 Continuous Activity 1) Go on red Main: (Warm Up Lesson 1 Continuous Activity 2) Weave Main: Lesson 1: PB Challenge: Quick off the Mark. Main: Lesson 1: PB Challenge: Front Curling game. Plenary: (Warm Up Lesson 1 Continuous Activity 3) Heads up
Week 2	<ol style="list-style-type: none"> Starter: (Warm Up Lesson 1 Continuous Activity 4) Raise the pace Main: (Warm Up Lesson 1 Continuous Activity 5) Forwards change Plenary: (Warm Up Lesson 1 Continuous Activity 6) Let's go sideways 	<ol style="list-style-type: none"> Starter: (Warm Up Lesson 1 Continuous Activity 4) Raise the pace Main: (Warm Up Lesson 1 Continuous Activity 5) Forwards change Main: Lesson 2: Skill Reaction/Response Main: Lesson 2: Skill Application: Cooperative Challenges Plenary: (Warm Up Lesson 1 Continuous Activity 6) Let's go sideways
Week 3	<ol style="list-style-type: none"> Starter: (Warm Up Lesson 1 Continuous Activity 7) zig zag 	<ol style="list-style-type: none"> Starter: (Warm Up Lesson 1 Continuous Activity 7) zig zag

Key Stage
Year Groups
School Year

KS2
3,4,5 & 6
2021-2022



	<ul style="list-style-type: none"> 2. Main: (Warm Up Lesson 1 Continuous Activity 8) Dynamic pivot 3. Plenary: (Warm Up Lesson 1 Continuous Activity 9) Sideways change 	<ul style="list-style-type: none"> 2. Main: (Warm Up Lesson 1 Continuous Activity 8) Dynamic pivot Main: Lesson 3: Skill: Reaction/Response. Main: Lesson 3: Skill Application: Copy Your Partner 3. Plenary: (Warm Up Lesson 1 Continuous Activity 9) Sideways change
Week 4	<ul style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Continuous Activity 10) Going backwards 2. Main: (Warm Up Lesson 1 Continuous Activity 11) Try faster 3. Plenary: (Warm Up Lesson 1 Continuous Activity 12) Backwards change 	<ul style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Continuous Activity 10) Going backwards 2. Main: (Warm Up Lesson 1 Continuous Activity 11) Try faster Main: Lesson 4: Reaction/Response Main: Lesson 4: Skills Application: Link Skills 3. Plenary: (Warm Up Lesson 1 Continuous Activity 12) Backwards change
Week 5	<ul style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Continuous Activity 13) All change – style 2. Main: (Warm Up Lesson 1 Continuous Activity 14) All change direction 3. Plenary: (Warm Up Lesson 1 Continuous Activity 15) Final countdown 	<ul style="list-style-type: none"> 1. Starter: (Warm Up Lesson 1 Continuous Activity 13) All change – style 2. Main: (Warm Up Lesson 1 Continuous Activity 14) All change direction Main: Lesson 5: Skill: Reaction/Response Main: Lesson 5: Skill Application: 2 Ball Challenge. 3. Plenary: (Warm Up Lesson 1 Continuous Activity 15) Final countdown
Week 6	Assessment	Assessment

Summer 2		
Health and Fitness Unit 6 Little Inside Out.	Level 2	Level 3
Week 1	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 1) Round the cone 	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 1) Round the cone

	<ul style="list-style-type: none"> 2. Main: (Lesson 1 Warm Up Inside Out Activity 2) Around the clock/turn back time 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 3) Watch the traffic 	<ul style="list-style-type: none"> 2. Main: (Lesson 1 Warm Up Inside Out Activity 2) Around the clock/turn back time Main: Lesson 1 PB Challenge: Tunnels Main: Lesson 1: PB Challenge: Balance Transfer (competitive) 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 3) Watch the traffic
Week 2	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 4) Hi/ball 5 2. Main: (Lesson 1 Warm Up Inside Out Activity 5) Footwear pattern 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 6) One must stay 	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 4) Hi/ball 5 2. Main: (Lesson 1 Warm Up Inside Out Activity 5) Footwear pattern Main: Lesson 2: Skill: Ball Chasing Main: Lesson 2: Skill Application: Timing Through Cooperation 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 6) One must stay
Week 3	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 6) One must stay 2. Main: (Lesson 1 Warm Up Inside Out Activity 7) Carry the ball 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 8) Move the ball 	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 6) One must stay 2. Main: (Lesson 1 Warm Up Inside Out Activity 7) Carry the ball Main: Lesson 3: Skill: Ball Chasing Main: Lesson 3: Skill Application: Awareness Challenges 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 8) Move the ball
Week 4	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 8) Move the ball 2. Main: (Lesson 1 Warm Up Inside Out Activity 9) Leave the ball 	<ul style="list-style-type: none"> 1. Starter: (Lesson 1 Warm Up Inside Out Activity 8) Move the ball 2. Main: (Lesson 1 Warm Up Inside Out Activity 9) Leave the ball Main: Lesson 4: Skill: Ball Chasing

Key Stage
Year Groups
School Year

KS2
3,4,5 & 6
2021-2022



	3. Plenary: (Lesson 1 Warm Up Inside Out Activity 10) Swap balls	Main: Lesson 4: Skill Application: Develop Combination (Ball) 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 10) Swap balls
Week 5	1. Starter: (Lesson 1 Warm Up Inside Out Activity 11) Change hands 2. Main: (Lesson 1 Warm Up Inside Out Activity 12) Ball change 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 13) Keep it even	1. Starter: (Lesson 1 Warm Up Inside Out Activity 11) Change hands 2. Main: (Lesson 1 Warm Up Inside Out Activity 12) Ball change Main: Lesson 5: Skill: Ball Chasing Main: Lesson 5: Skill Application: Grand Prix Qualifying. 3. Plenary: (Lesson 1 Warm Up Inside Out Activity 13) Keep it even
Week 6	Assessment	Assessment