

Kennel Lane School – Physical Education KS4 Long Term Plan

	Autumn 1	Autumn 2	Spring 1
Year 2022/23	Real PE Year 4 Unit 1 Personal Skills Fundamental Movement Skills <ul style="list-style-type: none"> • Co-ordination – Footwork • Static Balance – One Leg 	Real PE Year 4 Unit 2 Social Skills Fundamental Movement Skills <ul style="list-style-type: none"> • Dynamic Balance to Agility – Jumping and Landing • Static Balance – Seated 	Real PE Year 4 Unit 3 Cognitive Skills Fundamental Movement Skills <ul style="list-style-type: none"> • Dynamic Balance – On A Line • Coordination – Ball Skills
	Spring 2	Summer 1	Summer 2
Year 2022/2023	Real PE Year 4 Unit 4 Creative Skills Fundamental Movement Skills <ul style="list-style-type: none"> • Co-ordination – Sending and receiving • Counter Balance – With a partner 	Real PE Year 4 Unit 5 Physical Skills Fundamental Movement Skills <ul style="list-style-type: none"> • Agility – Reaction/Response • Static Balance – Floor Work 	Real PE Year 4 Unit 6 Fitness Skills Fundamental Movement Skills <ul style="list-style-type: none"> • Agility – Ball Chasing • Static Balance – Stance