

Kennel Lane School – Physical Education KS5 Long Term Plan

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