

Key Stage
Year Groups
School Year

KS3
7,8 & 9
2022 - 2024



Long Term Plan – PE

	Autumn	Spring	Summer
Year 1 2022- 2023	Real PE Year 3 Unit 1 Personal Skills Fundamental movement skills: <ul style="list-style-type: none"> - Coordination: Floor movement - Static balance: One leg standing 	Real PE Year 3 Unit 2 Social Skills Fundamental movement skills <ul style="list-style-type: none"> - Dynamic balance to agility - Static balance: Seated 	Real PE Year 3 Unit 3 Cognitive Skills Fundamental movement skills <ul style="list-style-type: none"> - Dynamic balance - Co-ordination: Ball skills
Year 2 2023 - 2024	Real PE Year 3 Unit 4 Creative Skills Fundamental movement skills <ul style="list-style-type: none"> - Coordination with equipment - Counter balance in Paris 	Real PE Year 3 Unit 5 Physical Skills Fundamental movement skills <ul style="list-style-type: none"> - Agility: Reaction/ Response - Static balance: Floor work 	Real PE Year 3 Unit 6 Health and Fitness Skills Fundamental movement skills <ul style="list-style-type: none"> - Agility: Ball chasing - Static balance: Small Base

Long Term Plan – Games

Year 1 – 2023 – 2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Overall Focus	Basketball	Tag Rugby	Unihoc	Football	Cricket/ Rounders	Tennis
Skills	Physical Skills and Personal skills	Physical skills and Social Skills	Physical skills and Cognitive Skills	Physical Skills and Creative Skills	Physical Skills and Health Skills	Physical Skills