

Kennel Lane School – Physical Education KS4 Long Term Plan

	Autumn 1	Autumn 2	Spring 1
Year 2023/24	<p>Real PE Year 4 Unit 1</p> <p>Personal Skills</p> <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Co-ordination – Footwork • Static Balance – One Leg 	<p>Real PE Year 4 Unit 2</p> <p>Social Skills</p> <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Dynamic Balance to Agility – Jumping and Landing • Static Balance – Seated 	<p>Real PE Year 4 Unit 3</p> <p>Cognitive Skills</p> <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Dynamic Balance – On A Line • Coordination – Ball Skills
	Spring 2	Summer 1	Summer 2
Year 2023/2024	<p>Real PE Year 4 Unit 4</p> <p>Creative Skills</p> <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Co-ordination – Sending and receiving • Counter Balance – With a partner 	<p>Real PE Year 4 Unit 5</p> <p>Physical Skills</p> <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Agility – Reaction/Response • Static Balance – Floor Work 	<p>Real PE Year 4 Unit 6</p> <p>Fitness Skills</p> <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Agility – Ball Chasing • Static Balance – Stance