

### Kennel Lane School – Physical Education KS5 Long Term Plan

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