



ST. PETER AT GOWTS
C of E PRIMARY SCHOOL

St Peter at Gowts Curriculum – PE LTP

| | Autumn Term | | Spring Term | | Summer Term | |
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| <u>Nursery</u> | Please see the Physical Development strand of our EYFS curriculum - Physical Skills- <i>Co-ordination skills in order to be able to ride a bike, climb trees, balance, jump and explore their space and to be able to use real tools to design and build their own creations.</i> | | | | | |
| <u>Reception</u> | <u>Real PE – Personal</u> FMS: 10/1 Coordination; footwork/Static balance; one leg | <u>Real PE – Social</u> FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated | <u>Real PE – Cognitive</u> FMS: 5/4 Dynamic balance; on a line/Static balance; stance | <u>Real PE Creative</u> FMS: 9/7 Coordination; balls skills/Counter balance; with a partner | <u>Real PE Physical Real Gym Shape + Travel</u> FMS 8/12 Coordination; sending and receiving/Agility; reaction/response | <u>Real PE Health and Fitness Real Gym Flight + Rotation</u> FMS 11/3 Agility; ball chasing/Static balance; floor work |
| <u>Year 1</u> | PE 1: Real PE Personal PE 2: <u>Tag based movement games</u> FMS: 10/1 Coordination; footwork/Static balance; one leg | PE 1: Real PE Social PE 2: Dance – Arts NK FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated | PE 1: <u>Real PE – Cognitive</u> PE 2: <u>Real Gym</u> FMS: 5/4 Dynamic balance; on a line/Static balance; stance | PE 1: <u>Real PE Creative</u> PE: Cricket FMS: 9/7 Coordination; balls skills/Counter balance; with a partner | PE 1: <u>Real PE Physical</u> PE 2: <u>Mini-Tennis</u> FMS 8/12 Coordination; sending and receiving/Agility; reaction/response | PE 1: <u>Real PE Health and Fitness</u> PE 2: Athletics FMS 11/3 Agility; ball chasing/Static balance; floor work |
| <u>Year 2</u> | PE 1: Real PE Personal PE 2: <u>Tag based movement games</u> FMS: 10/1 Coordination; footwork/Static balance; one leg | PE 1: Real PE Social PE 2: Dance – Arts NK FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated | PE 1: <u>Real PE – Cognitive</u> PE 2: <u>Real Gym</u> FMS: 5/4 Dynamic balance; on a line/Static balance; stance | PE 1: <u>Real PE Creative</u> PE 2: Cricket FMS: 9/7 Coordination; balls skills/Counter balance; with a partner | PE 1: <u>Real PE Physical</u> PE 2: <u>Mini-Tennis</u> FMS 8/12 Coordination; sending and receiving/Agility; reaction/response | PE 1: <u>Real PE Health and Fitness</u> PE 2: Athletics FMS 11/3 Agility; ball chasing/Static balance; floor work |
| <u>Year 3</u> | PE 1: Real PE Personal PE 2: Evasion games (tag rugby) FMS: 10/1 Coordination; footwork/Static balance; one leg | PE 1: Real PE Social PE 2: Quickstick's Hockey FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated | PE 1: <u>Real PE – Cognitive</u> PE 2: Real Dance FMS: 5/9 Dynamic balance; on a line/Cool down – coordination ball skills | PE 1: <u>Real PE Creative</u> PE 2: <u>Mini-tennis</u> FMS: 8/7 Coordination; sending and receiving /Counter balance; with a partner | PE 1: <u>Real PE Physical</u> PE 2: <u>Pop lacrosse</u> FMS: 3/12 Static balance – floor work/Agility; reaction/response | PE 1: <u>Real PE Health and Fitness</u> PE 2: Cricket FMS: 11/4 Skill – agility; ball chasing/Cool down – static balance: stance |
| <u>Year 4</u> | PE 1: Real PE Personal PE 2: Evasion games (tag rugby) FMS: 10/1 Coordination; footwork/Static balance; one leg | PE 1: Real PE Social PE 2: Quickstick's Hockey FMS: 6/2 Dynamic balance to agility; jumping and landing/Static balance; seated | PE 1: <u>Real PE – Cognitive</u> PE 2: Real Dance FMS: 5/9 Dynamic balance; on a line/Cool down – coordination ball skills | PE 1: <u>Real PE Creative</u> PE 2: Mini-Tennis FMS: 8/7 Coordination; sending and receiving /Counter balance; with a partner | PE 1: <u>Real PE Physical</u> PE 2: Pop lacrosse FMS: 3/12 Static balance – floor work/Agility; reaction/response | PE 1: <u>Real PE Health and Fitness</u> PE 2: Cricket FMS: 11/4 Skill – agility; ball chasing/Cool down – static balance: stance |
| <u>Year 5</u> | PE 1: Real PE Personal PE 2: Futsal FMS: 9/12 Coordination; ball skills/Agility; reaction-response | PE 1: Real PE Social PE 2: Quickstick's Hockey FMS: 2/3 Static balance; seated/Static balance; floor work | PE 1: <u>Mini-basketball</u> PE 2: REAL Dance (creative) FMS: 5/7 Dynamic balance; on a line/Counter balance; with a partner | PE 1: <u>Real PE Physical</u> PE 2: Mini-tennis (LCFC) FMS: 1/6 Static balance; one leg/ Dynamic balance to agility; jumping and landing | PE 1: <u>Real PE Cognitive</u> PE 2: Cricket FMS: 4/10 Static balance; stance/ coordination; footwork | PE 1: <u>Real PE Health and Fitness</u> PE 2: Athletics FMS: 11/8 Agility; ball chasing/coordination; sending and receiving |

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| <u>Year 6</u> | PE 1: Real PE Personal PE 2: Futsal FMS: 9/12 Coordination; ball skills/Agility; reaction-response | PE 1: Real PE Social PE 2: Quickstick's Hockey FMS: 2/3 Static balance; seated/Static balance; floor work | PE 1: <u>Mini-basketball</u> PE 2: Real Dance (creative) FMS: 5/7 Dynamic balance; on a line/Counter balance; with a partner | PE 1: <u>Real PE Physical</u> PE 2: Mini-tennis (LCFC) FMS: 1/6 Static balance; one leg/ Dynamic balance to agility; jumping and landing | PE 1: <u>Real PE Cognitive</u> PE 2: Cricket FMS: 4/10 Static balance; stance/ coordination; footwork | PE 1: <u>Real PE Health and Fitness</u> PE 2: Athletics FMS: 11/8 Agility; ball chasing/coordination; sending and receiving |
| <u>Swimming</u> | Year 5 | Year 5 | Year 3 | Year 3 | Year 4 | Year 4 |