

Long term plan for both teachers and Nathan (sports coach), using both the Real and the Complete PE package.

St. Patricks PE Curriculum 2021/2022 – Nathan teaching using Real PE

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Reception	Real PE – Unit 1 Co-ordination Static balance / Balance bike	Real PE – Unit 1 Co-ordination Static balance / Balance bike	Real PE – Unit 2 Dynamic balance to agility Static Balance	Real PE – Unit 3 Dynamic balance Static balance	Real PE – Unit 4 Co-ordination Counterbalance	Real PE – Unit 5 Agility Static balance
Year 1	Real PE – Unit 1 Co-ordination Static balance	Real PE – Unit 2 Dynamic balance to agility Static Balance	Real PE – Unit 3 Dynamic balance Static balance	Real PE – Unit 4 Co-ordination Counterbalance	Real PE – Unit 5 Agility Static balance	Real PE – Unit 6 Agility Static balance
Year 2	Real PE – Unit 1 Co-ordination Static balance	Real PE – Unit 2 Dynamic balance to agility Static Balance	Real PE – Unit 3 Dynamic balance Static balance	Real PE – Unit 4 Co-ordination Counterbalance	Real PE – Unit 5 Agility Static balance	Real PE – Unit 6 Agility Static balance
Year 3	Real PE – Unit 1 Co-ordination Static balance	Real PE – Unit 2 Dynamic balance to agility Static Balance	Real PE – Unit 3 Dynamic balance Static balance	Real PE – Unit 4 Co-ordination Counterbalance	Real PE – Unit 5 Agility Static balance	Real PE – Unit 6 Agility Static balance
Year 4	Real PE – Unit 1 Co-ordination Static balance	Real PE – Unit 2 Dynamic balance to agility Static Balance	Real PE – Unit 3 Dynamic balance Static balance	Real PE – Unit 4 Co-ordination Counterbalance	Real PE – Unit 5 Agility Static balance	Real PE – Unit 6 Agility Static balance
Year 5	Real PE – Unit 1 Co-ordination Agility	Real PE – Unit 2 Static balance	Real PE – Unit 3 Dynamic balance Counterbalance	Real PE – Unit 4 Dynamic balance to agility Static balance	Real PE – Unit 5 Dynamic balance to agility Static balance	Real PE – Unit 6 Co-ordination Agility
Year 6	Real PE – Unit 1 Co-ordination Agility	Real PE – Unit 2 Static balance	Real PE – Unit 3 Dynamic balance Counterbalance	Real PE – Unit 4 Dynamic balance to agility Static Balance	Real PE – Unit 5 Dynamic balance to agility Static balance	Real PE – Unit 6 Co-ordination Agility

St Patricks PE Curriculum 2021/2022 – Nathan teaching using Complete PE & Real PE

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Reception	Complete PE Dance – Ourselves	Complete PE Gymnastics – Moving	Complete PE Ball skills – Hands 1	Complete PE Ball skills – Hands 2	Complete PE Attack vs Defence – Games for understanding	Complete PE – Team Building
Year 1	Real PE Dance – Unit 1 Creative skills	Complete PE Gymnastics – Body parts	Complete PE Ball skills – Hands 1	Complete PE Ball skills – Hands 2	Complete PE Attack vs Defence – Games for understanding	Complete PE – Team Building
Year 2	Real PE Dance – Unit 1 Creative skills	Complete PE Gymnastics – Linking	Complete PE Ball skills – Hands 1	Complete PE Ball skills – Hands 2	Complete PE Attack vs Defence – Games for understanding	Complete PE – Team Building
Year 3	Real PE Dance – Unit 1 Creative skills	Complete PE Gymnastics – Symmetry & Asymmetry	Complete PE Games – Cricket	Complete PE Games – Invasion, tag rugby	Complete PE Athletics – Competitions	Complete PE Games – Net/Wall, Tennis
Year 4	Real PE Dance – Unit 1 Creative skills	Complete PE Gymnastics – Bridges	Complete PE Games – Cricket	Complete PE Games – Invasion, tag rugby	Complete PE Athletics – Competitions	Complete PE Team Building – Orienteering
Year 5	Real PE Dance – Unit 1 Creative skills	Complete PE Gymnastics – Counter balancing and Counter tension	Complete PE Health related exercise	Complete PE Games – Invasion, tag rugby	Complete PE Athletics – Competitions	Complete PE Games – Net/Wall, Tennis
Year 6	External Company Yoga - Mindfulness	Complete PE Gymnastics – Matching & Mirroring	Complete PE Health related exercise	Complete PE Games – Invasion, tag rugby	Complete PE Athletics – Competitions	Complete PE Team Building – Orienteering