



Community Friendship Perseverance Ambition Respect Trust

St Nicholas provides a welcoming, inclusive and aspirational learning environment at the heart of its community. We nurture, encourage and support all children, adults and their families to be the best as God intended. Following God's example of love and trust, we develop resilience and creativity in all we do.

Learning, loving and encouraging through Christ

Long Term Plan

Real PE is an inclusive approach with the ambition that PE is a positive experience for every child. It teaches children Fundamental Movement Skills (FMS) and key learning behaviours to help achieve that ambition. The ambitious real PE curriculum enables all children to flourish and experience success throughout their primary school phase. Through a carefully planned and sequenced curriculum, which starts in EYFS, children build, revisit, and develop skills and knowledge as they progress through school, thereby developing a strong sense of self-efficacy. The aim is for children to participate in 2 hours of physical each week using Real PE. This will give children a greater understanding in learning the rules to sports for when they participate in events for the school. Throughout the year, all year groups will have the opportunity to have an experience sports coach who alongside the class teacher, will deliver high quality PE lessons.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R		Social – Play with others	Personal - Follow Instructions	Creative – Observe and copy	Balance Ability	Health and Fitness – Exercise and good health
			Multiskills	Infant Agility/Multiskills	Cognitive – Follow rules	Physical – Move in different ways
Year 1	Personal – Stay on Task	Social – understanding others	Cognitive- Observe and describe.	Creative – Explore and Describe.	Physical – Control Movement	Health and fitness – Infant Agility



Community Friendship Perseverance Ambition Respect Trust

St Nicholas provides a welcoming, inclusive and aspirational learning environment at the heart of its community. We nurture, encourage and support all children, adults and their families to be the best as God intended. Following God's example of love and trust, we develop resilience and creativity in all we do.

Learning, loving and encouraging through Christ

	Real Dance	Team work and problem solving - OAA	Games – throwing and catching	Ball Skills	Games – striking and fielding focus	Athletics
Year 2	Personal – Keep Trying	Social – Help and Encourage	Cognitive – Understand Performance	Creative – Link Movements	Physical – Sequence movements and skills	Health and fitness – Practise Safely
	Infant Agility	Dodgeball – throwing and catching.	Infant Agility	Real Gym	Games – striking and fielding focus	Rapid Fire Cricket
Year 3	Social – Share Ideas	Cognitive – Recognise Success	Health and Fitness – Know how and why my body changes.	Creative – Respond differently	Physical – Perform and Repeat.	Personal – Know where I am in my Learning
	Sports hall Athletics	Invasion Games – Handball	Real Gym	Invasion Games – Basketball	Striking and fielding – Hockey	Athletics
Year 4	Personal – Accept Challenge	Dodgeball	Cognitive – Identify Areas to Improve Real Dance Swimming	Creative – Recognise and Respond / Swimming	Physical – Select and Apply	Health and fitness – Prepare for Activity



Community Friendship Perseverance Ambition Respect Trust

St Nicholas provides a welcoming, inclusive and aspirational learning environment at the heart of its community. We nurture, encourage and support all children, adults and their families to be the best as God intended. Following God's example of love and trust, we develop resilience and creativity in all we do.

Learning, loving and encouraging through Christ

	Net/Wall games - Tennis	Swimming	Hockey / Swimming	Invasion games - football	Striking and fielding - Rounders & cricket	Athletics
Year 5	Personal – React positively to challenge	Social – Provide helpful feedback	Cognitive – Judge Performance	Creative – Express Ideas	Physical – Combining Skills in Specific Contexts	Health and Fitness – Describe Basic Fitness Components
	Cricket	Sports hall Athletics	Real Gym	Invasion: Football	Athletics	Striking and fielding: Rounders
Year 6	Personal – Try consistently to improve Swimming	Social - Organise and Guide Others Swimming	Cognitive – Make Good Decisions	Creative – Adapt/ Change Activities	Physical – Link actions to Flow	Health and Fitness – Monitor Activity
	Invasion: Basketball	Invasion: Tag Rugby	Invasion: Handball	Real Dance	Athletics	Striking and Fielding – Cricket & Rounders



Community Friendship Perseverance Ambition Respect Trust

St Nicholas provides a welcoming, inclusive and aspirational learning environment at the heart of its community. We nurture, encourage and support all children, adults and their families to be the best as God intended. Following God's example of love and trust, we develop resilience and creativity in all we do.

Learning, loving and encouraging through Christ

