



Upton-upon-Severn Primary School

Physical Education Long Term Plan 23/24

Personal, Social, Cognitive, Creative, Physical, Health and Fitness

PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Lesson 1	real PE YR Unit 1	real PE Gym YR Unit 2	real PE YR Unit 3	real PE Dance YR Unit 4	real PE YR Unit 5	real PE YR Unit 6
Lesson 2	Forest School	Forest School	Forest School	Biking Forest School	Biking Forest School	Athletics / Sports Day preparation
Y1 Lesson 1	real PE Y1 Unit 1	real PE Y1 Unit 2	real PE Y1 Unit 3	real PE Y1 Unit 4 Biking	real PE Y1 Unit 5 Biking	real PE Y1 Unit 6
Lesson 2	Forest School	real gym Y1 Unit 1	Forest School	real dance Y1 Unit 1 (Dress Up Your Performance)	Forest School	Athletics / Sports Day preparation
Y2 Lesson 1	real PE Y2 Unit 1	real PE Y2 Unit 2	real PE Y2 Unit 3	real PE Y2 Unit 4 Biking	real PE Y2 Unit 5 Biking	real PE Y2 Unit 6
Lesson 2	real gym Y2 Unit 1	Forest School	real dance Y2 Unit 1 (Dress Up Your Performance)	Forest School	Swimming	Swimming Athletics / Sports Day Preparation
Year 3 Lesson 1	real PE Y3 Unit 1 hockey	real PE Y3 Unit 2 rugby	real PE Y3 Unit 3 football	real PE Y3 Unit 4 tennis/golf	real PE Y3 Unit 5 rounders/cricket	real PE Y3 Unit 6 Athletics

Lesson 2	Forest school	real dance Y3 Unit 1	real gym unit 2	Forest school	swimming	swimming

Year 4 Lesson 1	real PE Y4 Unit 1 hockey	real PE Y4 Unit 2 Rugby	real PE Y4 Unit 3 Football	real PE Y4 Unit 4 tennis/golf	real PE Y4 Unit 5 rounders/cricket	real PE Y4 Unit 6 athletics
Lesson 2	real gym Y4 Unit 1	real dance Y4 Unit 1	real dance Y4 Unit 2	real gym Y4 Unit 2	swimming	Swimming OAA
Year 5 Lesson 1	real PE Y5 Unit 1 gym	real PE Y5 Unit 2 dance	real PE Y5 Unit 3 gym	real PE Y5 Unit 4 OAA	real PE Y5 Unit 5	real PE Y5 Unit 6
Lesson 2	netball	football	rugby	hockey	rounders/cricket	athletics
Year 6 Lesson 1	real PE Y6 Unit 1 gym	real PE Y6 Unit 2 dance	real PE Y6 Unit 3 gym	real PE Y6 Unit 4 OAA	real PE Y6 Unit 5	real PE Y6 Unit 6
Lesson 2	netball	football	rugby	hockey	rounders/cricket	athletics