



**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 2023-24**

In PE this year, alongside our existing scheme, we have introduced a new scheme, Real PE. 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 alongside The Sports Trust scheme of work. This will give children a greater understanding in learning the rules to sports for when they participate in events for the school.

	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	Physical – Move in different ways	Health and Fitness – Exercise and good health
			Real Dance	Real Gym	Cognitive – Follow rules	Social – Play with others
Year 1	Personal – Stay on Task	Social – understanding others	Cognitive- Observe and describe.	Creative – Explore and Describe.	Physical – Control Movement	Health and fitness – Exercise and the Body



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	Real Dance	Team work and problem solving - OAA	Real Gym	Games – throwing and catching	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
	Real Dance	Games – throwing and catching.	Fundamental movement skills – agility, balance and co-ordination	Real Gym	Games – striking and fielding focus	Games – multi-skills focus
Year 3	Health and Fitness – Know how and why my body changes.	Social – Share Ideas	Cognitive – Recognise Success	Creative – Respond differently	Physical – Perform and Repeat.	Personal – Know where I am in my Learning
	Sportshall Athletics	Invasion Games – Netball	Real Gym	Invasion Games – Tag Rugby	Striking and fielding – Cricket & Rounders	Athletics
Skiing						



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Year 4	Personal – Accept Challenge	Social – Support Others	Cognitive – Identify Areas to Improve	Creative – Recognise and Respond	Physical – Select and Apply	Health and fitness – Prepare for Activity
	Net/Wall games - Tennis	Swimming	Invasion Games - Hockey	Invasion games - football	Striking and fielding - Rounders & cricket	Athletics
Year 5	Personal – React positively to challenge  Invasion: Tag Rugby	Social – Provide helpful feedback	Cognitive – Judge Performance	Creative – Express Ideas	Physical – Combining Skills in Specific Contexts	Health and Fitness – Describe Basic Fitness Components
	Invasion: Basketball	Sportshall Athletics	Real Gym	Invasion: Football	Athletics	Striking and fielding: Rounders



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Year 6	Personal – Try consistently to improve	Social - Organise and Guide Others	Cognitive – Make Good Decisions	Creative – Adapt/ Change Activities	Physical – Link actions to Flow	Health and Fitness – Monitor Activity
	Real Gym	Invasion: Tag Rugby	Invasion: Netball	Real Dance	Athletics	Striking and Fielding – Cricket & Rounders

	Additional sports in school	Additional sports outside of school
Term 1		YR 6 – Sea Sports
Term 2	Year 3 Handball	Year 3 Skiing
Term 3	Year 6 – Dodgeball	
Term 4	Year 4 – Pop Lacrosse	
Term 5	Year 5 - Cricket	
Term 6	Year 1 & 2 – Tag Rugby	

