

Shirley Heath Junior School – Physical Education Long-Term Plan, 2024 – 2025:



Autumn Term:

Autumn Term 1	Year 3	Year 4	Year 5	Year 6
Lesson 1 – <i>The PE Hub</i>	Tennis	Hockey	Orienteering	Athletics
Lesson 2 – <i>Real PE</i>	Real P.E. (Unit 1 – Personal)	Real P.E. (Unit 1 – Personal)	Real P.E. (Unit 1 – Personal)	Real P.E. (Unit 1 – Personal)
Autumn Term 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 – <i>The PE Hub</i>	Gymnastics	Dance	Football	Gymnastics
Lesson 2 – <i>Real PE</i>	Real P.E. (Unit 2 – Social)	Real P.E. (Unit 2 - Social)	Real P.E. (Unit 2 - Social)	Real P.E. (Unit 2 - Social)

Spring Term:

Spring Term 1	Year 3	Year 4	Year 5	Year 6
Lesson 1 – <i>The PE Hub</i>	Tag Rugby (Edwardians)	Gymnastics	Dance	Dance
Lesson 2 – <i>Real PE</i>	Real P.E. (Unit 3 – Cognitive)	Real P.E. (Unit 3 – Cognitive)	Real P.E. (Unit 3 – Cognitive)	Real P.E. (Unit 3 – Cognitive)
Spring Term 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 – <i>The PE Hub</i>	Dance	Cricket (<i>Chance To Shine</i>)	Cricket (<i>Chance To Shine</i>)	Tennis
Lesson 2 – <i>Real PE</i>	Real P.E. (Unit 4 – Creative)	Real P.E. (Unit 4 – Creative)	Real P.E. (Unit 4 - Creative)	Real P.E. (Unit 4 - Creative)

Summer Term:

Summer Term 1	Year 3	Year 4	Year 5	Year 6
Lesson 1 – <i>The PE Hub</i>	Orienteering	Catch-Up from Spr2	Athletics	Rounders
Lesson 2 – <i>Real PE</i>	Real P.E. (Unit 5 – Physical)	Real P.E. (Unit 5 – Physical)	Real P.E. (Unit 5 – Physical)	Real P.E. (Unit 5 – Physical)
Summer Term 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 – <i>The PE Hub</i>	Tri-Golf (Union Golf)	Athletics	Tennis	Tag Rugby (Edwardians)
Lesson 2 – <i>Real PE</i>	Real P.E. (Unit 6 – Health and Fitness)	Real P.E. (Unit 6 – Health and Fitness)	Real P.E. (Unit 6 – Health and Fitness)	Real P.E. (Unit 6 – Health and Fitness)

Swimming:

Monday 17th March 2025 – Friday 11th April 2025 – Y4 Swimming using *Aqualympics* (Pool to School).

Y6 Top-Up to be facilitated during this time.

NC Subject Content Requirement Key:	Net / Wall Games	Striking & Fielding	Invasion Games	Gymnastics
	Dance	Athletics	Swimming	Outdoor + Adv