

## High Meadow Community School - Physical Education Long Term Plan

<b>2020-2021</b>						
	<b>Autumn A</b>	<b>Autumn B</b>	<b>Spring A</b>	<b>Spring B</b>	<b>Summer A</b>	<b>Summer B</b>
<b>Reception</b>	'Personal' Coordination/ Static balance	'Social' Dynamic Balance/ Agility Static balance	'Cognitive' Dynamic Balance/ Static balance	'Creative' Coordination/ Counter balance	'Physical' Coordination/ Agility	'Health and Fitness' Agility/ Static Balance
<b>Year 1</b>	'Personal' Coordination/ Static balance	'Social' Dynamic Balance/ Agility Static balance	'Cognitive' Dynamic Balance/ Static balance	'Creative' Coordination/ Counter balance	'Physical' Coordination/ Agility	'Health and Fitness' Agility/ Static Balance
	Real Gym	Real Gym	Real Dance	Real Dance	Athletics	Athletics
<b>Year 2</b>	'Personal' Coordination/ Static balance	'Social' Dynamic Balance/ Agility Static balance	'Cognitive' Dynamic Balance/ Static balance	'Creative' Coordination/ Counter balance	'Physical' Coordination/ Agility	'Health and Fitness' Agility/ Static Balance

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	Real Gym	Real Gym	Real Dance	Real Dance	Athletics	Athletics
<b>Year 3</b>	'Personal' Coordination/ Static balance	'Social' Dynamic Balance/ Agility Static balance	'Cognitive' Dynamic Balance/ Static balance	'Creative' Coordination/ Counter balance	'Physical' Coordination/ Agility	'Health and Fitness' Agility/ Static Balance
	Real Gym	Real Gym	Real Dance	Forest School	Athletics	Athletics
<b>Year 4</b>	'Personal' Coordination/ Static balance	'Social' Dynamic Balance/ Agility Static balance	'Cognitive' Dynamic Balance/ Static balance	'Creative' Coordination/ Counter balance	'Physical' Coordination/ Agility	'Health and Fitness' Agility/ Static Balance
	Forest School	Real Gym	Real Dance	Real Dance	Athletics	Athletics

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