

Headlands Primary School: PE Long-term plan 2022-23

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Sports Specific: Football (Invasion Games) Real PE Unit 2 (COG Focus: Social)	Sports Specific: Gymnastics Real PE Unit 3 (COG Focus: Cognitive)	Sports Specific: Hockey (Invasion Games) Real PE Unit 5 (COG Focus: Physical)	Sports Specific: Basketball/Netball Real PE Unit 1 (COG Focus: Personal)	Sports Specific: Athletics Real PE Unit 6 (COG Focus: Health and Fitness)	Sports Specific: Cricket/Rounders Real PE Unit 4 (COG Focus: Creative)
Year 1	Sports Specific: Football (Invasion Games) Real PE Unit 2 (COG Focus: Social)	Sports Specific: Gymnastics Real PE Unit 3 (COG Focus: Cognitive)	Sports Specific: Hockey (Invasion Games) Real PE Unit 5 (COG Focus: Physical)	Sports Specific: Basketball/Netball Real PE Unit 1 (COG Focus: Personal)	Sports Specific: Athletics Real PE Unit 6 (COG Focus: Health and Fitness)	Sports Specific: Cricket/Rounders Real PE Unit 4 (COG Focus: Creative)
Year 2	Sports Specific: Football (Invasion Games) Real PE Unit 2 (COG Focus: Social)	Sports Specific: Gymnastics Real PE Unit 3 (COG Focus: Cognitive)	Sports Specific: Hockey (Invasion Games) Real PE Unit 5 (COG Focus: Physical)	Sports Specific: Basketball/Netball Real PE Unit 1 (COG Focus: Personal)	Sports Specific: Athletics Real PE Unit 6 (COG Focus: Health and Fitness)	Sports Specific: Cricket/Rounders Real PE Unit 4 (COG Focus: Creative)
Year 3	Sports Specific: Football (Invasion Games) Real PE Unit 2 (COG Focus: Social)	Sports Specific: Gymnastics Real PE Unit 3 (COG Focus: Cognitive)	Sports Specific: Hockey (Invasion Games) Real PE Unit 5 (COG Focus: Physical)	Sports Specific: Basketball/Netball Real PE Unit 1 (COG Focus: Personal)	Sports Specific: Athletics Real PE Unit 6 (COG Focus: Health and Fitness)	Sports Specific: Cricket/Rounders Real PE Unit 4 (COG Focus: Creative)
Year 4	Sports Specific: Football (Invasion Games) Real PE Unit 2 (COG Focus: Social)	Sports Specific: Gymnastics Real PE Unit 3 (COG Focus: Cognitive)	Sports Specific: Hockey (Invasion Games) Real PE Unit 5 (COG Focus: Physical)	Sports Specific: Basketball/Netball Real PE Unit 1 (COG Focus: Personal)	Sports Specific: Athletics Real PE Unit 6 (COG Focus: Health and Fitness)	Sports Specific: Cricket/Rounders Real PE Unit 4 (COG Focus: Creative)
Year 5	Sports Specific: Football (Invasion Games) Real PE Unit 2 (COG Focus: Social)	Sports Specific: Gymnastics Real PE Unit 3 (COG Focus: Cognitive)	Sports Specific: Hockey (Invasion Games) Real PE Unit 5 (COG Focus: Physical)	Sports Specific: Basketball/Netball Real PE Unit 1 (COG Focus: Personal)	Sports Specific: Athletics Real PE Unit 6 (COG Focus: Health and Fitness)	Sports Specific: Cricket/Rounders Real PE Unit 4 (COG Focus: Creative)
Year 6	Sports Specific: Football (Invasion Games) Real PE Unit 2 (COG Focus: Social)	Sports Specific: Gymnastics Real PE Unit 3 (COG Focus: Cognitive)	Sports Specific: Hockey (Invasion Games) Real PE Unit 5 (COG Focus: Physical)	Sports Specific: Basketball/Netball Real PE Unit 1 (COG Focus: Personal)	Sports Specific: Athletics Real PE Unit 6 (COG Focus: Health and Fitness)	Sports Specific: Cricket/Rounders Real PE Unit 4 (COG Focus: Creative)