



**Belmont School**  
**LONG TERM PLAN FOR Active Skills Primary (Basic Skills)**  
**September 2022 – 2023**

**Subject: Active Skills**  
**Subject Co-ordinator : Mr Shand**  
**Teachers delivering subject: Class teachers**

**SWIMMING FOR PRIMARY PUPILS TBC**

The **Real PE** will be delivered based on class ability using the programme and resources provided. Please use the below for guidance about the activities pupils should experience throughout the year. I would suggest you do one skills based lesson and one **Real PE** lesson per week.

Belmont Theme/Topic						
Class Group	TERM 1 Individual Basic Game Skills	TERM 2 Team Game Skills Co-operation	TERM 3 Music and Movement	TERM 4 Music and Movement	TERM 5 Individual Sports	TERM 6 Summer Sports
Alligators  <b>Sensory Circuits</b>	Ball Skills – throwing and catching  Skipping  Multi Skills	Parachute play Fun Games	Dance Wake and Shake Let's Move	Soft Play Sensory Gymnastics	Playground Play Bat and ball skills	Outside Play Treasure Hunt Sports day
Busy Bees <b>Real PE</b> <b>Early Years</b>	Traveling movements - development of gross motor movements	Balance and Rolls - development of control of their whole body	Catching and throwing - Development of hand eye coordination	Football skills- development of kicking and aiming coordination	Dancing - use of controlled balances rolls and movements	Athletics- development of running and jumping skills  Sports day

Cheetahs Dolphins Real PE Year 1	Ball skills (hands) - Throwing, catching and bouncing with control and co-ordination	Ball skills (feet) – Kicking and passing with control and co- ordination	Dance  Wake and shake	Gymnastics – Balances and rolls  Yoga / Relaxation	Bat and ball skills  Parachute play	Athletic skills – Skipping, jumping, balancing and running  Sports day
Elephants Real PE Year 2	Ball Skills – Tag rugby	Hockey	Dance Preparation for dance Festival	Dance / Gymnastics  Yoga / Relaxation	Top Link Festival at Bournside TBC	Orienteering Athletics Rounders Sports day
Foxes Real PE Year 3	Ball Skills – Tag rugby	Hockey	Dance Preparation for dance Festival	Dance / Gymnastics  Yoga / Relaxation	Tri-golf lessons Tri-golf Tournament Top Link Festival at Bournside TBC	Orienteering Athletics Rounders Sports day

**Attainment Targets**

**NOTE: Content of National Curriculum to be modified and differentiated – see National Curriculum Programme of Study September 2014**