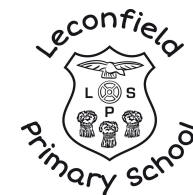


Leconfield Primary School - PE Long term Plan



	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Term focus</u>	Physical movement Balance Eye co-ordination Core stability	Body awareness Incorporating spatial awareness Dance	Gymnastics	Outside travel – avoiding obstacles, change pace and direction	Ball Skills Throwing and catching Racket skills	Basic Athletics – linked to Sports Day
<u>EYFS</u>	Dance		Gymnastics HSSS: Gymnastics		Multi skills HSSS: Gymnastics	
<u>Year 1/2</u> *focus on Year 1 units*	HSSS: Gymnastics 1.1 Multi skills 1.1 Bootcamp	HSSS: Gymnastics 1.2 Mighty movers (running) 1.2 Storytime dance	1.3 Skip to the beat 1.3 Groovy gymnastics (changed to 1.1 bootcamp)	HSSS: Gymnastics 1.4 Brilliant ball skills 1.4 Gymfit circuits	HSSS: Gymnastics 1.5 Throwing and catching 1.5 Cool core (strength)	1.6 Active athletics 1.6 Fitness frenzy
<u>Year 3/4</u> *focus on Year 3 units*	HSSS: Gymnastics 3.1 Multi skills 3.1 Bootcamp	HSSS: Gymnastics 3.2 Mighty movers (running) 3.2 African dance	3.3 Skip to the beat 3.3 Groovy gymnastics	HSSS: Gymnastics 3.4 Brilliant ball skills 3.4 Gymfit circuits	3.5 Throwing and catching 3.5 Cool core (strength)	HSSS: Gymnastics 3.6 Active athletics 3.6 Fitness frenzy
<u>Year 4/5</u> *focus on Year 5 units*	HSSS: Gymnastics 5.1 Invaders 5.1 Bootcamp	5.2 Mighty movers (boxercise) 5.2 Dynamic dance	HSSS: Gymnastics 5.3 Gym sequences 5.3 Step to the beat	5.4 Striking and fielding 5.4 Gymfit circuits	HSSS: Gymnastics 5.5 Nimble nets 5.5 Cool core (pilates)	HSSS: Gymnastics 5.6 Young olympians 5.6 Fitness Frenzy
<u>Year 6</u>	6.1 Invaders 6.1 Bootcamp	HSSS: Gymnastics 6.2 Mighty movers (boxercise) 6.2 Dynamic dance	HSSS: Gymnastics 6.3 Gym sequences 6.3 Step to the beat	HSSS: Gymnastics 6.4 Striking and fielding 6.4 Gymfit circuits	6.5 Nimble nets 6.5 Cool core (pilates)	HSSS: Gymnastics 6.6 Young olympians 6.6 Fitness frenzy