Leconfield PE Long Term Plan

Ash

Spring 2
5.4 Striking and fielding
5.4 Gymfit circuits

Summer 1
5.5 Nimble nets
5.5 Cool core (pilates)

Summer 2
5.6 Young olympians
5.6 Fitness Frenzy

Spring 1
5.3 Gym sequences
5.3 Step to the beat

Autumn 2
5.2 Mighty movers (boxercise)
5.2 Dynamic dance

Autumn 1
5.1 Invaders
5.1 Bootcamp

Year 6

Autumn 2
6.2 Mighty movers (boxercise)
6.2 Dynamic dance

Spring 2
6.4 Striking and fielding
6.4 Gymfit circuits

Summer 2
6.6 Young olympians
6.6 Fitness frenzy

Autumn 1
6.1 Invaders
6.1 Bootcamp

Spring 1
6.3 Gym sequences
6.3 Step to the beat

Summer 1
6.5 Nimble nets
6.5 Cool core (pilates)

Cherry

Summer 2
3.6 Active athletics
3.6 Fitness frenzy

Spring 2
3.4 Brilliant ball skills
3.4 Gymfit circuits

Spring 1
3.3 Skip to the beat
3.3 Groovy gymnastics

Summer 1
3.5 Throwing and catching
3.5 Cool core (strength)

Autumn 2
3.2 Mighty movers (running)
3.2 African dance

Autumn 1
3.1 Multi skills
3.1 Bootcamp

Willow

Spring 2
1.4 Brilliant ball skills
1.4 Gymfit circuits

Summer 2
1.6 Active athletics
1.6 Fitness frenzy

Autumn 2
1.2 Mighty movers (running)
1.2 Storytime dance

Autumn 1
1.1 Multi skills
1.1 Bootcamp

Spring 1
1.3 Skip to the beat
1.3 Groovy gymnastics

Summer 1
1.5 Throwing and catching
1.5 Cool core (strength)

Acorn

Autumn 2
Dance.
Gymnastics

Spring 2
Ball skills

Summer 2
Multiskills
Running

Autumn 1
Dance
Gymnastics

Spring 1
Balance and co-ordination skills.

Summer 1
Multiskills

Harry Sheader Gymnastics

As part of our PE curriculum we also have PE sessions delivered by Harry Sheader Sports School. Each half term different classes have these sessions which build on gymnastics skills, support the children and staff CPD.