



PE Long Term Plan

<u>Autumn 1</u>	<u>Sport</u>	<u>Fitness</u>
<u>R/Y1</u>	1.1 Multi Skills	1.1 Boot Camp
<u>Y2/3</u>	3.1 Multi Skills	3.1 Boot Camp
<u>Y4/5</u>	5.1 Invaders	5.1 Boot Camp
<u>Y5/6</u>	6.1 Invaders	6.1 Boot Camp

<u>Autumn 2</u>	<u>Sport</u>	<u>Fitness</u>
<u>R/Y1</u>	1.2 Story Time Dance	1.2 Mighty Movers
<u>Y2/3</u>	3.2 African Dance	3.2 Mighty Movers
<u>Y4/5</u>	5.2 Dynamic Dance	5.2 Mighty Movers
<u>Y5/6</u>	6.2 Dynamic Dance	6.2 Mighty Movers

<u>Spring 1</u>	<u>Sport</u>	<u>Fitness</u>
<u>R/Y1</u>	1.3 Groovy Gymnastics	1.3 Skip to the Beat
<u>Y2/3</u>	3.3 Groovy Gymnastics	3.3 Skip to the beat
<u>Y4/5</u>	5.3 Gym Sequences	5.3 Step to the Beat
<u>Y5/6</u>	6.3 Gym Sequences	6.3 Step to the Beat

<u>Spring 2</u>	<u>Sport</u>	<u>Fitness</u>
<u>R/Y1</u>	1.4 Brilliant Ball Skills	1.4 Gymfit Circuits
<u>Y2/3</u>	3.4 Brilliant Ball Skills	3.4 Gymfit Circuits
<u>Y4/5</u>	5.4 Striking and Fielding	5.4 Gymfit Circuits
<u>Y5/6</u>	6.4 Striking and Fielding	6.4 Gymfit Circuits

<u>Summer 1</u>	<u>Sport</u>	<u>Fitness</u>
<u>R/Y1</u>	1.5 Throwing and Catching	1.5 Cool Core
<u>Y2/3</u>	3.5 Throwing and Catching	3.5 Cool Core
<u>Y4/5</u>	5.5 Nimble Nets	5.5 Cool Core
<u>Y5/6</u>	6.5 Nimble Nets	6.5 Cool Core

<u>Summer 2</u>	<u>Sport</u>	<u>Fitness</u>
<u>R/Y1</u>	1.6 Active Athletics	1.6 Fitness Frenzy
<u>Y2/3</u>	3.6 Active Athletics	3.6 Fitness Frenzy
<u>Y4/5</u>	5.6 Young Olympians	5.6 Fitness Frenzy
<u>Y5/6</u>	6.6 Young Olympians	6.6 Fitness Frenzy