



Lakenheath Community Primary School Long Term PE Plan 2020-2022 (Two year cycle)



CYCLE A		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY	Indoor PE *(Outdoor in Summer, weather permitted)	Introduction to PE: Unit 1	Fundamentals Unit 1	Gymnastics Unit 1	Dance Unit 1	Ball Skills Unit 1	Games Unit 1
	Outdoor PE					Multi Skills Based Activities (Sports Day Practice)	Athletics (Sports Day Practice)
Year 1 / Year 2	Indoor PE *(Outdoor in Summer, weather permitted)	Dance	Gymnastics	Fitness	Yoga	Striking and Fielding	Target Games
	Outdoor PE	Fundamentals	Team Building	Ball Skills	Invasion	Athletics	Sending and Receiving
Year 3/ Year 4	Indoor PE *(Outdoor in Summer, weather permitted)	Dance	Gymnastics	Fitness	Yoga	OAA	Tennis
	Outdoor PE **Each Y3/4 class has a half term of swimming	Fundamentals Y3/4 **(Swimming)	Basketball **(Swimming)	Dodgeball **(Swimming)	Ball Skills	Athletics	Rounders
Year 5 / Year 6	Indoor PE *(Outdoor in Summer, weather permitted)	Yoga	Gymnastics	Dance	Fitness	Athletics	Tennis
	Outdoor PE	Football	Netball	OAA	Dodgeball	Rounders	Alternative Sport: Ultimate Frisbee



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CYCLE B		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY	Indoor PE *(Outdoor in Summer, weather permitted)	Introduction to PE: Unit 2	Fundamentals Unit 2	Dance Unit 2	Gymnastics Unit 2	Ball Skills Unit 2	Games Unit 2
	Outdoor PE					Multi Skills Based Activities (Sports Day Practice)	Athletics (Sports Day Practice)
Year 1 / Year 2	Indoor PE *(Outdoor in Summer, weather permitted)	Dance:	Gymnastics	Fitness	Yoga	Net and Wall	Target Games
	Outdoor PE	Fundamentals	Team Building	Ball Skills	Invasion Games	Athletics	Striking and Fielding
Year 3 / Year 4	Indoor PE *(Outdoor in Summer, weather permitted)	Dance	Gymnastics	Fitness	OAA	Yoga	Golf
	Outdoor PE **Each Y3/4 class has a half term of swimming	Fundamentals Y3/4 ** (Swimming)	Netball ** (Swimming)	Tag Rugby ** (Swimming)	Ball Skills	Cricket	Athletics
Year 5 / Year 6	Indoor PE *(Outdoor in Summer, weather permitted)	OAA	Gymnastics:	Dance	Fitness	Athletics	Tennis
	Outdoor PE	Catch up swimming Invasion	Hockey	Basketball	Tag-Rugby	Cricket	Alternative Sport: Handball