



Harnham C. of E. Junior School

PE Long Term Plan 2021-2022



Pupils will be taught to:

Develop practical skills in order to participate, compete and lead a healthy lifestyle.

2020-21	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PE	3.1 Fitness: Boot Camp	3.2 (Stone Age) Dance	3.3 Groovy Gymnastics	3.4 Gymfit Circuits	3.5 Cool Core (Strength)	3.6 Fitness Frenzy
	3.1 Multi-skills	3.2 Mighty Movers (Running)	3.3 Skip to the Beat	3.4. Brilliant Ball Skills	3.5 Throwing and Catching	3.6 Active Athletics
PE	4.1 Fitness: Boot Camp	4.2 Dance: (Tudor Dance)	4.3 Gym Sequences	4.4 Gymfit Circuits	4.5 Nimble Nets (Tennis)	4.6 Fitness Frenzy
	4.1 Invaders: Football	4.2 Mighty Movers (Boxercise)	4.3 Step to the beat/Aerobic exercise	4.4 Striking and Fielding	4.5 Cool Core (Pilates)	4.6 Young Olympians
PE	5.1 Fitness: Boot Camp	5.2 Mighty Movers (Boxercise)	5.3 Gym Sequences	5.4 Gymfit Circuits	5.5 Nimble Nets	5.6 Fitness Frenzy
	5.1 Invaders (Netball)	5.2 Dynamic Dance	5.3 Step to the beat	5.4 Striking and Fielding (Cricket)	5.5 Cool Core (Pilates)	5.6 Young Olympians
PE	6.1 Boot Camp (Fitness)	6.2 Dynamic Dance: Streetdance	6.3 Gym Sequences	6.5 Nimble Nets (Badminton)	6.4 Cool Core (Pilates)	6.6 Fitness Frenzy
	6.1 Invaders (Rugby)	6.2 Mighty Movers (Boxercise)	6.3 Step to the beat	6.4 Gym Fit Circuits	6.5 Striking and Fielding (Cricket/Rounders)	6.6 Young Olympians