



# Lilycroft Primary School

# PE Long Term Plan 2019 - 2020

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>1</b>	Gymnastics	Dance	Games	Gymnastics	Games	Dance
<b>2</b>	Team-mate: Ball skills	Movement	Dance: Winter dance to the snowman song	Gymnastics	Athletics	Outdoor games: Sports day
<b>3</b>	Dance	Gymnastics	Athletics	Invasion games	→	Games (linked to Sports Day)
	Tennis	Football	<b>SAQ - Agility and Fitness</b>	<b>Indoor athletics</b>	<b>Striking and fielding</b>	<b>Outdoor athletics</b>
<b>4</b>	Gymnastics	→	Dance	Games	Striking and fielding	Athletics
	Tennis	Football	Hockey	<b>Fitness and circuit training</b>	<b>Athletics</b>	<b>Outdoor athletics - competition</b>
<b>5</b>	Swimming PWA	→	Swimming PWA	Tag rugby	Athletics/Cricket	→
	Football	Tag rugby	Hockey	<b>Circuits</b>	<b>OAA</b>	<b>Outdoor athletics - competition</b>
<b>6</b>	Circuit training	Fitness	Tag Rugby	Fitness and game development	Cricket	Athletics
	<b>Circuits</b>	Tag rugby	<b>Athletics</b>	<b>Hockey</b>		<b>Outdoor athletics</b>