

## Leechpool PE Sport Focus Long Term Plan 2025 – 26

Year	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2			
EYFS	Introduction, PE Routines and Gross motor skills using <b>Apple, Orange</b> as the stimulus		Dance – linked to international Fortnight	Gymnastics Exploration and using apparatus to jump, travel and roll	Fundamental Movement and Skills including throwing, catching, dribbling and kicking	Athletics (sports day prep) including running			
YR 1	Fundamental Movement and Skills	Fundamental Games	Fundamental Movement and Skills	Tri Golf	Fundamental Movement and Skills	Fundamental Games			
	Dance	OAA	Athletics	Gymnastics	Dance	Athletics			
YR 2	Gymnastics	Fundamental Movement and Skills	Invasion Games	Swimming	Fundamental Movement Skills	Swimming			
	OAA	Tennis	Dance	Gymnastics	Striking and Fielding	Athletics (sports day prep)			
YR 3	Tri Golf	Tag Rugby	Netball	Dodgeball	Tennis	Swimming			
	Gymnastics	OAA	Hockey	Dance	Athletics	Striking and Fielding			
YR 4	Tri Golf	Tag Rugby	Netball	Swimming	Dodgeball	Swimming			
	Gymnastics	OAA	Hockey	Dance	Athletics	Cricket			
YR 5	Dance MCF - Coordination SF – Balance, Flexibility	Swimming	OAA MCF – Muscular Endurance SF – Strength, Cardiovascular Endurance	Swimming	Netball MCF – Reaction Time SF – Agility, Power	Lacrosse MCF – Strength SF – Agility, Reaction Time			
	Rounders MCF – Reaction Time SF – Power, Coordination	Tennis MCF – Flexibility SF – Power, Coordination	Tri Golf MCF – Balance SF – Coordination, Power	Tag Rugby MCF – Agility SF – Speed, Power	Hockey MCF – Power SF – Speed, Coordination	Gymnastics MCF – Balance SF – Strength, Flexibility	Athletics Endurance Events MCF – Cardiovascular Endurance SF – Muscular Endurance, strength  Sprint Events MCF – Speed SF – Power, Reaction Time		
YR 6	Dance MCF - Coordination SF – Balance, Flexibility	OAA MCF – Muscular Endurance SF – Strength, Cardiovascular Endurance	Netball MCF – Reaction Time SF – Agility, Power	Lacrosse MCF – Strength SF – Agility, Reaction Time	Rounders MCF – Reaction Time SF – Power, Coordination	Tennis MCF – Flexibility SF – Power, Coordination			
	Tri Golf MCF – Balance SF – Coordination, Power	Tag Rugby MCF – Agility SF – Speed, Power	Hockey MCF – Power SF – Speed, Coordination	Gymnastics MCF – Balance SF – Strength, Flexibility	Athletics Endurance Events MCF – Cardiovascular Endurance SF – Muscular Endurance, strength  Sprint Events MCF – Speed SF – Power, Reaction Time	Cricket MCF – Muscular Endurance SF – Coordination, Reaction Time			
Leechpool Physical Education Strands									
Dance	Invasion Games	Gymnastics	Striking and fielding	Swimming	OAA	Athletics	Net/wall	Fundamental movement skills	Tri Golf

\*Where swimming occurs, children who do not swim will partake in the unit in the box next to swimming. These classes will not partake in 3 PE sessions per week. Swimming lessons are taught by swim teachers at the pavilions swimming pool.

\*In year 2 one class will swim per term, therefore the class who is not swimming will partake in the other PE unit next to swimming.

\*In year 5 and 6 students will have a Main component of Fitness (MCF) which they will discuss throughout the unit of work whilst also having two sub focuses (SF) which will also be discussed throughout lessons. Students in year 5/6 will need to be able to define each component of fitness and be able to link it to different sports and scenarios. Definitions are below.

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### Components of Fitness (Year 5/6)

- 1) **Speed** – How fast you can move from one place to another. For example, sprinting in athletics or running to catch a ball in netball.
- 2) **Agility** – How quickly you can change direction while moving. For example, dodging in tag rugby or dribbling in hockey.
- 3) **Strength** – How much force your muscles can produce. For example, hitting a ball hard in lacrosse or lifting your body in gymnastics.
- 4) **Power** – A mix of speed and strength; how fast you can use your strength. For example, jumping high in netball or throwing a ball far in rounders.
- 5) **Coordination** – How well your body parts work together to do a skill smoothly. For example, timing your swing in tennis or balancing while dancing.
- 6) **Balance** – How well you can stay in control of your body, whether still or moving. For example, landing safely in gymnastics or standing on one leg in dance.
- 7) **Reaction Time** – How quickly you respond to something happening. For example, reacting to a fast ball in cricket or dodging a tag in tag rugby.
- 8) **Flexibility** – How much your muscles and joints can stretch and move. For example, reaching for a ball in tennis or doing a high kick in dance.
- 9) **Cardiovascular Endurance** – How well your heart and lungs work to keep you going for a long time. For example, running in cross country or playing a long game of netball.
- 10) **Muscular Endurance** – How long your muscles can keep working without getting tired. For example, cycling in tri golf or holding a squat position in OAA.