

# Long Term Planning

Belsay First School 2024/25



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Personal Challenges	Locomotion 1	Dance - Copy and Explore	Fine Motor skills	Stability 1	Athletics 1
	Personal Challenges	Locomotion 1	Stability 1	Fine Motor skills	Stability 1	Athletics 1
Reception	Personal Challenges	Locomotion 2	Dance - Copy and Explore	Object Control 1	Fundamental Movement Skills 1	Athletics 1
	Personal Challenges	Locomotion 2	Stability 2 (static and dynamic balance)	Gym - Rocking & Rolling	Fundamental Movement Skills 1	Athletics 1
Year One	Invasion Game Skills 1	Fundamental Movement Skills 1	Dance - Animals	Target Games 2	Striking & Fielding Game Skills 1	Swimming
	Invasion Game Skills 1	Fundamental Movement Skills 2	Personal Challenges	Gymnastics - Balancing & spinning on Points & Patches	Striking & Fielding Game Skills 1	Athletics 2
Year Two	Invasion Game Skills 2	Fundamental Movement Skills 2	Dance - Animals	Target Games 3	Striking & Field Game Skills 2	Swimming
	Invasion Game Skills 2	Fundamental Movement Skills 3	Personal Challenges	Gymnastics - Stretching, curling & arching	Striking & Field Game Skills 2	Athletics 2

Year Three	Invasion Game Skills 3	OAA - Enrich 3	Dance - Egyptians	Gymnastics - Linking movements together	Cricket	Athletics 3
	Invasion Game Skills 3	OAA	Swimming	Swimming	Rounders	Tennis
Year Four	Invasion Game Skills 3	OAA - Enrich 4	Dance - Egyptians	Gymnastics - Arching and bridges	Cricket	Athletics 4
	Invasion Game Skills 3	OAA	Swimming	Swimming	Rounders	Tennis
Year Five	Invasion Game Skills 4	OAA - Enrich 5	Dance - British Values	Gymnastics - Matching, mirroring & contrast	Cricket	Athletics 5
	Invasion Game Skills 4	Swimming	Personal Challenges	Basketball	Rounders	Tennis
Year Six	Invasion Game Skills 4	OAA - Enrich 6	Dance - British Values	Gymnastics - Counter-balance & counter tension	Cricket	Athletics 6
	Invasion Game Skills 4	Swimming	Personal Challenges	Basketball	Rounders	Tennis