

# Long Term Planning

Holy Family RC 2023/24



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	+	+	+	+	+	+
	+	+	+	+	+	+
Reception	Locomotion 1	Stability 2 (static and dynamic balance)	Athletics 1	Target Games 1	Net & Wall Game Skills 1	Invasion Game Skills 1
	+	+	+	+	+	+
Year One	Locomotion 2	Invasion Game Skills 1	Net & Wall Game Skills 1	Tri Golf	Dance - Under the Sea	Striking & Fielding Game Skills 2
	Fundamental Movement Skills 2	Gymnastics - Wide, narrow & curled rolling & balancing	Athletics 2	Striking & Fielding Game Skills 1	Invasion Game Skills 2	Invasion Game Skills 2
Year Two	Gymnastics - Spinning, turning & twisting	Invasion Game Skills 2	Athletics 2	Striking & Field Game Skills 2	Athletics 2	Invasion Game Skills 2
	Fundamental Movement Skills 2	Fundamental Movement Skills 3	Net & Wall Game Skills 2	Tri Golf	Target Games 3	Gymnastics - Pathways: straight, zipzag & curving

Year Three	Tag Rugby	Handball	Gymnastics - Linking movements together	Cricket	Health Related Fitness	Gymnastics - Receiving body weight
	Athletics	Dodgeball	Tennis	Invasion Game Skills 3	OAA	Football
Year Four	Swimming	Flag Football	Basketball	Tag Rugby	Rounders	Football
	+	Dodgeball	Handball	OAA	Athletics	Gymnastics - Arching and bridges
Year Five	Athletics	Gymnastics - Partner work - under and over	Basketball	OAA	Danish Longball	Flag Football
	Tag Rugby	Health Related Fitness	Invasion Game Skills 4	Team Building and Problem Solving	Rounders	Football
Year Six	Athletics	Gymnastics - Flight	Handball	Team Building and Problem Solving	Danish Longball	Football
	Tag Rugby	Health Related Fitness	Basketball	OAA	Rounders	Leadership