

# Long Term Planning



## St Clare's Catholic Primary School

2023/24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Locomotion 1	Stability 1	Dance - Seasons	Gymnastics - Parts High & Parts Low	Gymnastics - Travelling, Stopping, and Making Shapes	Athletics 1
	Fine Motor skills	Fine Motor skills	Fine Motor skills	Fine Motor skills	Fine Motor skills	Fine Motor skills
Reception	Locomotion 2	Stability 2 (static and dynamic balance)	Dance - Circus	Gymnastics - Flight - Bouncing, Jumping & Landing	Target Games 1	Athletics 1
	Fine Motor skills	Fine Motor skills	Fine Motor skills	Fine Motor skills	Fine Motor skills	Fine Motor skills
Year One	Fundamental Movement Skills 1	Dance - Under the Sea	Gymnastics - Balancing & spinning on Points & Patches	Gymnastics - Pathways - small & long	Athletics 2	Net & Wall Game Skills 1
	Locomotion 2	Yoga	Invasion Game Skills 1	Object Manipulation 2	Striking & Fielding Game Skills 1	Target Games 2
Year Two	Fundamental Movement Skills 2	Dance - Animals	Gymnastics - Spinning, turning & twisting	Gymnastics - Pathways: straight, zipzag & curving	Athletics 2	Net & Wall Game Skills 2
	Fundamental Movement	Yoga	Invasion Game Skills 2	Personal Challenges	Striking & Field Game	Target Games 3

Skills 3

Yoga

Invasion Game Skills 2

Personal Challenges

Skills 2

Target Games 3

Year Three	Sportshall Athletics	Dance - Dance Around the World	Tag Rugby	Health Related Fitness	Cricket	OAA
	Hockey	Dodgeball	Swimming	Tennis	Athletics	Rounders
Year Four	Sportshall Athletics	Dance - Egyptians	Tag Rugby	Gymnastics - Partner work - Pushing and pulling	Cricket	Rounders
	Hockey	Health Related Fitness	Basketball	Tennis	Athletics	OAA
Year Five	Sportshall Athletics	Dance - Dance through the ages	Tag Rugby	Gymnastics - Matching, mirroring & contrast	Cricket	Rounders
	Hockey	Health Related Fitness	Basketball	Tennis	Athletics	OAA
Year Six	Sportshall Athletics	Dance - The Haka	Basketball	Gymnastics - Counter-balance & counter tension	Cricket	OAA
	Hockey	Health Related Fitness	Tag Rugby	Tennis	Athletics	Rounders