



Long term plan 2023 2024



<u>Year group</u>		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Nursery		Listening Games	Locomotion - Walking 1	Ball Skills – Hands 1	Dance – Nursery Rhymes	Gymnastics	Ball Skills - Feet
Reception		Dance	Ball Skills – Hands 2	Gymnastics	Locomotion – Jumping	Games	Athletics - Running
<u>1</u>		Dance - Heroes <i>Ball Skills</i>	Gymnastics Health and wellbeing	Dance Racket skills	Gymnastics – Body parts Games for understanding	Hands 2 Athletic activities	Rackets, bats and balls. Jumping 1
<u>2</u>	T	Linking	Games 4 understanding	Health and Wellbeing	Feet 1	Rackets/ bats/ balls	Athletics
	W R	Football	Hands 1	Dance	Dodgeball	Tag Rugby	Cricket
<u>3</u>	T	Symmetry	Mindfulness	Game Sense Invasion	Dodgeball	Athletics	Tennis
	W R	Football	Handball	Dance	Communication and Tactics	Tag Rugby	Cricket
<u>4</u>	T	Bridges	Problem Solving	Dodgeball	Mindfulness	Athletics	Tennis
	W R	Football	Handball	Dance	Hockey	Tag Rugby	Cricket
<u>5</u>	T	Swimmning	Swimming	Swimming	Counter balance/ counter tension	Athletics	Tennis

	W R	Football	Handball	Dance	Hockey	Tag Rugby	Cricket
<u>6</u>	T	Match / Mirror	Problem Solving	Basketball	Dodgeball	Rounders/ Athletics	Tennis
	W R	Football	Handball	Dance	Hockey	Tag Rugby	Cricket