

Long Term Plan 2024-2025

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS / Year 1	Throwing and catching	Fundamental movements <i>Fine motor skills focus (and handling skills)</i>	Coordination skills	Ball skills	Swimming and gymnastics	Swimming and gymnastics
	Fundamental movements <i>Gross motor skills focus (e.g. running, skipping, galloping and jumping)</i>	Ball skills (racket skills)	Dance	Invasion games (dribbling, hitting, kicking)	Athletics	Sports Day skills (throwing, jumping, running)
Year 2 / 3	Football	Badminton	Swimming and gymnastics	Swimming and gymnastics	OAA	Sports Day skills
	Fitness circuits	Netball	Dance	Golf	Athletics	Rounders
Year 4/ 5	Football	Handball	Fitness circuits	OAA	Golf	Rounders
	Swimming and gymnastics	Swimming and gymnastics	Dance	Netball	Athletics and Sports Day skills	Badminton
Year 6	Football	Handball	Fitness circuits	OAA	Golf	Rounders
	Swimming and gymnastics	Swimming and gymnastics	Dance	Netball	Athletics and Sports Day skills	Badminton
Clubs Monday Tuesday Wednesday	Lasertag Football Tennis	Table tennis Gymnastics Fitness activities	Dodgeball Boxercise Dance	Golf Netball OAA	Archery Rounders Athletics	Badminton Athletics Obstacle Course

Long Term Plan 2025-2026

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS / Year 1	Throwing and catching	Fundamental movements <i>Fine motor skills focus (and handling skills)</i>	Coordination skills	Ball skills	Swimming and gymnastics	Swimming and gymnastics
	Fundamental movements <i>Gross motor skills focus (e.g. running, skipping, galloping and jumping)</i>	Ball skills (racket skills)	Dance	Invasion games (dribbling, hitting, kicking)	Athletics	Sports Day skills (throwing, jumping, running)
Year 2 / 3	Football	Tennis	Swimming and gymnastics	Swimming and gymnastics	OAA	Sports Day skills
	Dodgeball	Basketball	Dance	Hockey	Cricket	Athletics
Year 4/ 5	Tag Rugby	Football	Dodgeball	OAA	Cricket	Hockey
	Swimming and gymnastics	Swimming and gymnastics	Dance	Basketball	Athletics and Sports Day skills	Tennis
Year 6	Tag Rugby	Football	Dodgeball	OAA	Cricket	Hockey
	Swimming and gymnastics	Swimming and gymnastics	Dance	Basketball	Athletics and Sports Day skills	Tennis
Clubs						
Monday	Lasertag	Dodgeball	Tennis	Golf	Archery	Cricket
Tuesday	Football	Football	Boxercise	Basketball	Rounders	Athletics
Wednesday	Tennis	Handball	Dance	OAA	Athletics	Obstacle Course

