

# Long Term Planning

The Willows 2025/26



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	+	+	+	+	+	+
	+	+	+	+	+	+
Reception	Fundamental Movement Skills 1	Object Control 1	Target Games 1	Dance - Jungle	Target Games 1	Striking & Fielding Game Skills 1
	Personal Challenges	Locomotion 1	Gymnastics - Flight - Bouncing, Jumping & Landing	Net & Wall Game Skills 1	Athletics 1	Invasion Game Skills 1
Year One	Invasion Game Skills 1	Locomotion 2	Target Games 2	Invasion Game Skills 2	Net & Wall Game Skills 1	Object Control 2
	Fundamental Movement Skills 2	Dance - Pirates	Gymnastics - Balancing & spinning on Points & Patches	Gymnastics - Pathways - small & long	Athletics 2	Striking & Fielding Game Skills 1
Year Two	Fundamental Movement Skills 2	Invasion Game Skills 2	OAA	Target Games 3	Net & Wall Game Skills 2	Personal Challenges
	Dance - Fire of London	Yoga	Gymnastics - Pathways: straight, zipzag & curving	Gymnastics - Spinning, turning & twisting	Athletics 2	Striking & Field Game Skills 2

Year Three

Hockey	Tag Rugby	Personal Challenges	Basketball	Dodgeball	Football
OAA	Dance - Romans	Gymnastics - Linking movements together	Health Related Fitness	Athletics 3	Cricket

Year Four

Basketball	Personal Challenges	Tag Rugby	Hockey	Health Related Fitness	Tennis
OAA	Gymnastics - Arching and bridges	Dance - Egyptians	Badminton	Athletics 4	Cricket

Year Five

Netball	Tag Rugby	Handball	Football	Athletics 5	Basketball
Team Building and Problem Solving	Dance - The Haka	Gymnastics - Partner work - under and over	Personal Challenges	Swimming	Swimming

Year Six

Netball	Hockey	Ultimate Frisbee	Basketball	Volleyball	Tennis
Team Building and Problem Solving	Yoga	Gymnastics - Counter-balance & counter tension	Health Related Fitness	Athletics 6	Rounders