

Long Term Planning



Primrose Hill Primary School

2023/24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery						
Reception	Fundamental Movement Skills 1	Dance - Circus	Locomotion 1	Dance - Nursery Rhymes	Target Games 1	Dance - Jungle
	Gym - Rocking & Rolling	Invasion Game Skills 1	Gymnastics - Flight - Bouncing, Jumping & Landing	Net & Wall Game Skills 1	Yoga	Striking & Fielding Game Skills 1
Year One	Gymnastics - Balancing & spinning on Points & Patches	Invasion Game Skills 1	Gymnastics - Pathways - small & long	Invasion Game Skills 2	Gymnastics - Wide, narrow & curled rolling & balancing	Striking & Fielding Game Skills 1
	Fundamental Movement Skills 1	Dance - Animals	Fundamental Movement Skills 2	Dance - Mini Beasts	Fundamental Movement Skills 3	Dance - Under the Sea
Year Two	Gymnastics - Pathways: straight, zipzag & curving	Dance - Under the Sea	Invasion Game Skills 2	Gymnastics - Stretching, curling & arching	Net & Wall Game Skills 2	Dance - Animals
	Fundamental Movement Skills 2	Fundamental Movement Skills 2	Gymnastics - Spinning, Bouncing, Jumping & Landing	Dance - Pirates	Striking & Field Game Skills 2	Athletics 2

Skills 2

Skills 3

turning & twisting

Skills 2

Year Three	OAA	Flag Football	Hockey	Dance - Space	Gymnastics - Receiving body weight	Health Related Fitness
	Handball	Dance - Dance Around the World	Football	Football	Cricket	Athletics
Year Four	Basketball	Dance - Dance Around the World	Dodgeball	Football	Gymnastics - Arching and bridges	Athletics
	OAA	Flag Football	Football	Dance - Egyptians	Cricket	Health Related Fitness
Year Five	Handball	Dance - The Haka	Gymnastics - Partner work - under and over	Badminton	Football	Football
	OAA	Flag Football	Netball	Dance - Dance through the ages	Rounders	Athletics
Year Six	Basketball	Lacrosse	Flag Football	Gymnastics - Counter-balance & counter tension	Football	Football
	OAA	Dance - British Values	Hockey	Tag Rugby	Rounders	Ultimate Frisbee