

Long Term Planning: Games and Athletics

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year R	Boundaries and rules	Ladders and agility	Sending and receiving	Sending to a target	Dodgeball	Key game skills
Year 1	Basketball	Hockey	Tennis	Sending and receiving	Striking	Travelling
Year 2	Tag rugby	Frisbee	Basketball	Netball	Striking	Sending and receiving

Long Term Planning: Dance and Gymnastics

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year R					Gymnastics – balances	Dance – Commotion in the Ocean
Year 1	Gymnastics – Shape sequences (floor)	Dance – Toys	Dance – Stomp	Yoga – Salute to the Sun	Gymnastics – Introduction to apparatus	Dance – Monsters and Dragons
Year 2	Gymnastics – Shape sequences – apparatus	Gymnastics – Gymnastics sequences	Dance – India	Dance – Fire of London	Dance – Nocturnal animals	