

# Long Term Planning

## Sacred Heart Rochdale 2024/25



|           | Autumn 1  | Autumn 2   | Spring 1  | Spring 2                                  | Summer 1                          | Summer 2                 |
|-----------|---|--|---|---|-----------------------------------|--------------------------|
| Nursery   | Fine Motor skills                                     | Gymnastics - Travelling, Stopping, and Making Shapes | Locomotion 1                                      | Target Games 1                            | Yoga                              | Personal Challenges      |
|           | Stability 1   | Dance - Circus                                       | Dance - Seasons                                   | Gymnastics - Parts High & Parts Low       | Athletics 1                       | Dance - Copy and Explore |
| Reception | Yoga  | Fine Motor skills                                    | Gymnastics - Flight - Bouncing, Jumping & Landing | Object Control 1                          | Striking & Fielding Game Skills 1 | Athletics 1              |
|           | Dance - Copy and Explore                              | Locomotion 1   | Gym - Rocking & Rolling                           | Target Games 1                            | Invasion Game Skills 1            | Locomotion 2             |
| Year One  | Gymnastics - Balancing & spinning on Points & Patches | Gymnastics - Pathways - small & long                 | Target Games 2                                    | Locomotion 2                              | Invasion Game Skills 1            | Invasion Game Skills 2   |
|           | Net & Wall Game Skills 1                              | Dance - Animals                                      | Fundamental Movement Skills 1                     | Fundamental Movement Skills 2             | Athletics 2                       | Net & Wall Game Skills 1 |
| Year Two  | Fundamental Movement Skills 3                         | Invasion Game Skills 2                               | Gymnastics - Pathways: straight, zipzag & curving | Gymnastics - Spinning, turning & twisting | Net & Wall Game Skills 2          | Target Games 3           |
|           | Dance - Animals                                       | Gymnastics - Stretching, curling & arching           | Fundamental Movement Skills 3                     | Target Games 3                            | Striking & Field Game Skills 2    | Athletics 2              |

|            |  |   |  |                                       |                 |   |
|------------|--|---|--|---------------------------------------|-----------------|---|
| Year Three | Netball  | Gymnastics - Linking movements together | Gymnastics - Symmetry & asymmetry (partners) | Dance - Dance Around the World        | Basketball      | Tennis  |
|            | Health Related Fitness                         | Invasion Game Skills 3                  | Personal Challenges                          | Netball                               | Football        | OAA   |
| Year Four  | Swimming                                       | Swimming                                | Dodgeball                                    | Tag Rugby                             | Cricket         | Athletics 4                                     |
|            | Health Related Fitness                         | Netball                                 | Basketball                                   | Gymnastics - Rolling & travelling low | Rounders        | Gymnastics - Partner work - Pushing and pulling |
| Year Five  | Health Related Fitness                         | Basketball                              | Leadership                                   | Invasion Game Skills 4                | Rounders        | Athletics 5                                     |
|            | Basketball                                     | Ultimate Frisbee                        | Gymnastics - Partner work - under and over   | Team Building and Problem Solving     | Danish Longball | Badminton                                       |
| Year Six   | Skittle Ball through the Sport Education model | Ultimate Frisbee                        | Athletics 6                                  | Football                              | Tennis          | Rounders  |
|            | Leadership                                     | Gymnastics - Group Sequencing           | Handball                                     | Hockey                                | Cricket         | Volleyball                                      |