

Long Term Planning



Wolston St Margaret's Primary School 2025/26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Continuous Provision	Continuous Provision	Continuous Provision	An adventure with the Emergency Services	Dance - Nursery Rhymes	Athletics 1
	+	+	+	+	Locomotion 1	Stability 1
Reception	Fine Motor skills	Fundamental Movement Skills 1	Locomotion 1	Net & Wall Game Skills 1	Striking & Fielding Game Skills 1	Athletics 1
	A Day on the Farm	Dance - Circus	Gymnastics - Flight - Bouncing, Jumping & Landing	Target Games 1	Object Control 1	Stability 2 (static and dynamic balance)
Year One	Invasion Game Skills 1	Fundamental Movement Skills 2	Locomotion 2	Net & Wall Game Skills 1	Striking & Fielding Game Skills 1	Athletics 2
	Gymnastics - Balancing & spinning on Points & Patches	Dance - Animals	Gymnastics - Pathways - small & long	Target Games 2	Object Control 2	Fundamental Movement Skills 3
Year Two	Invasion Game Skills 2	Fundamental Movement Skills 3	Tri Golf	Net & Wall Game Skills 2	Striking & Field Game Skills 2	Athletics 2
	Gymnastics - Spinning	Target Games 3	Gymnastics - Stretching,	Dance - Pirates	Yoga	OAA

turning & twisting

target games 3

curling & arching

Dance Pirates

Yoga

SW

Year Three	Handball	Swimming	Health Related Fitness	Dodgeball	Rounders	Athletics 3
	Gymnastics - Symmetry & asymmetry (partners)	Gymnastics - Linking movements together	Dance - Dance Around the World	Tri Golf	Football	OAA
Year Four	Handball	Health Related Fitness	Hockey	Badminton	Rounders	Athletics 4
	Gymnastics - Partner work - Pushing and pulling	Gymnastics - Arching and bridges	Dance - Vikings	Tri Golf	Football	OAA
Year Five	Basketball	Health Related Fitness	Tag Rugby	Tennis	Cricket	Athletics 5
	Gymnastics - Synchronisation & canon	Dance - Dance through the ages	Gymnastics - Partner work - under and over	Football	Badminton	OAA
Year Six	Netball	Health Related Fitness	Tag Rugby	Tennis	Cricket	Athletics 6
	Gymnastics - Flight	Badminton	Gymnastics - Counter-balance & counter tension	Football	Dance - World War 2	OAA