

Long Term Planning

Deneholm Primary School 2026/27



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	+	+	+	+	+	+
	+	+	+	+	+	+
Reception	Personal Challenges	Dance - Jungle	Stability 2 (static and dynamic balance)	Object Control 1	Invasion Game Skills 1	Target Games 1
	Personal Challenges	Fundamental Movement Skills 1	Gymnastics - Flight - Bouncing, Jumping & Landing	Gym - Rocking & Rolling	Striking & Fielding Game Skills 1	Athletics 1
Year One	Dance - Animals	Gymnastics - Pathways - small & long	Gymnastics - Wide, narrow & curled rolling & balancing	Yoga	Net & Wall Game Skills 1	Striking & Fielding Game Skills 1
	Target Games 2	Invasion Game Skills 1	Fundamental Movement Skills 2	Object Control 2	Locomotion 2	Invasion Game Skills 2
Year Two	Dance - Under the Sea	Gymnastics - Stretching, curling & arching	Target Games 3	Tri Golf	Athletics 2	Striking & Field Game Skills 2
	Fundamental Movement Skills 3	Net & Wall Game Skills 2	Yoga Storybook	Gymnastics - Pathways: straight, zipzag & curving	Invasion Game Skills 2	Yoga

Year Three

Netball	Dodgeball	Gymnastics - Linking movements together	Health Related Fitness	Handball	Cricket
Dance - Egyptians	Invasion Game Skills 3	Basketball	Hockey	Athletics 3	Tennis

Year Four

Dance - Space	Football	Gymnastics - Arching and bridges	Rounders	Health Related Fitness	Athletics 4
Netball	Yoga	Tag Rugby	Basketball	Cricket	Tri Golf

Year Five

Dodgeball	Dance - The Haka	Gymnastics - Matching, mirroring & contrast	Health Related Fitness	Athletics 5	Tennis
Netball	Football	Handball	Hockey	Badminton	Volleyball

Year Six

Netball	Football	Gymnastics - Counter-balance & counter tension	Team Building and Problem Solving	Rounders	Cricket
Dodgeball	Dance - World War 2	Basketball	Tag Rugby	Athletics 6	Leadership