

Long Term Planning

Eastgate Academy 2024/25



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	+	+	+	+	+	+
	+	+	+	+	+	+
Reception	Fundamental Movement Skills 1	Gymnastics Reception	Dance - Circus	Gym - Rocking & Rolling	Target Games 1	Striking & Fielding Game Skills 1
	+	+	+	+	+	+
Year One	Fundamental Movement Skills 2	Gymnastic Year 1	Dance - Animals	Gymnastics - Balancing & spinning on Points & Patches	Target Games 2	Striking & Fielding Game Skills 2
	+	+	+	+	+	+
Year Two	Fundamental Movement Skills 3	Gymnastics Year 2	Dance - Animals	Gymnastics - Stretching, curling & arching	Target Games 3	Striking & Field Game Skills 2
	+	+	+	+	+	+

Year Three	Basketball	Gymnastics - Symmetry & asymmetry (partners)	Dance - Space	Handball	OAA	Athletics 3
	+	+	+	+	Swimming	Swimming
Year Four	Basketball	Gymnastics - Rolling & travelling low	Dance - Space	Handball	OAA	Athletics 4
	+	+	+	Swimming	Swimming	+
Year Five	Tennis	Gymnastics - Synchronisation & canon	Tag Rugby	Dance - British Values	OAA	Athletics 5
	+	Swimming	Swimming	+	+	+
Year Six	Tennis	Gymnastics - Counter-balance & counter tension	Netball	Dance - British Values	OAA	Athletics 6
	Swimming	Swimming	+	+	+	+