

## 2022-2023 Long Term Plan

|                   | Reception                   | Year 1                      | Year 2                      | Year 3                      | Year 4                      | Year 5                 | Year 6              |
|-------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------|---------------------|
| Autumn 1 Lesson 1 | Fundamental Movement Skills | Fundamental Movement Skills | Fundamental Movement Skills | Fundamental Movement Skills | Fundamental Movement Skills | Multi Sports Term 1    | Functional Fitness  |
| Autumn 1 Lesson 2 |                             | Multi Skills                | Multi Sports Term 1         | Multi Sports Term 1         | Multi Skills                | Functional Fitness     | Multi Sports Term 1 |
| Autumn 2 Lesson 1 | Dance-Animals               | Dance-Island Life           | Functional Fitness          | Dance-Space                 | Gymnastics                  | Dance-Around the World | Gymnastics          |
| Autumn 2 Lesson 2 |                             | Functional Fitness          | Gymnastics                  | Multi Skills                | Multi Sports Term 1         | Rugby                  | Handball            |
| Spring 1 Lesson 1 | Gymnastics                  | Gymnastics                  | Dance-The Olympics          | Gymnastics                  | Dance-Street Dance          | Gymnastics             | Dance-Weather       |
| Spring 1 Lesson 2 |                             | Multi Sports Term 1         | Multi Skills                | Functional Fitness          | Multi Sports Term 2         | Basketball             | Hockey              |
| Spring 2 Lesson 1 | Multi Skills                | Multi Sports Term 2         | Games                       | Invasion Games              | Functional Fitness          | Multi Sports Term 2    | Basketball          |
| Spring 2 Lesson 2 |                             | Fundamental Movement Skills | Functional Fitness          | Fundamental Movement Skills | Multi Skills                | Hockey                 | Multi Sports Term 2 |
| Summer 1 Lesson 1 | Ball Skills                 | Multi-Skills                | Fundamental Movement Skills | Multi Skills                | Games                       | Cricket                | World Sports        |
| Summer 1 Lesson 2 |                             | Functional Fitness          | Multi Skills                | Multi Sports Term 2         | Invasion Games              | Handball               | OAA                 |
| Summer 2 Lesson 1 | Games                       | Games                       | Athletics                   | Athletics                   | OAA                         | Athletics              | Cricket             |
| Summer 2 Lesson 2 |                             | Athletics                   | Multi Sports Term 2         | Games                       | Athletics                   | OAA                    | Athletics           |