

Long Term Planning

Bessemer Primary 2024/25



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fine Motor skills	Yoga	Locomotion 1	Gymnastics - Travelling, Stopping, and Making Shapes	Dance - Nursery Rhymes	Athletics 1
	+	+	+	+	+	+
Reception	Fine Motor skills	Yoga	Fundamental Movement Skills 1	Gymnastics - Flight - Bouncing, Jumping & Landing	Dance - Seasons	Athletics 1
	+	+	+	+	+	+
Year One	Fundamental Movement Skills 1	Fundamental Movement Skills 2	Invasion Game Skills 1	Target Games 2	Net & Wall Game Skills 1	Athletics 2
	+	+	Gymnastics - Wide, narrow & curled rolling & balancing	Object Control 2	Dance - Animals	Striking & Fielding Game Skills 1
Year Two	Fundamental Movement Skills 2	Fundamental Movement Skills 3	Invasion Game Skills 2	Target Games 3	Net & Wall Game Skills 2	Athletics 2
	Max Whitlock Gymnastics	Dance - Fire of London	Target Games 2	Tri Golf	Striking & Field Game Skills 2	Swimming

Year Three	Invasion Game Skills 3	Handball	Football	Tennis	Rounders	Athletics 3
	Netball	Dodgeball	Dance - Egyptians	Gymnastics Year 3	Personal Challenges	Swimming
Year Four	Cricket	Basketball	Tag Rugby	Tennis	Badminton	Athletics 4
	Gymnastics Year 4	Dance - Egyptians	Hockey	Football	Tri Golf	Personal Challenges
Year Five	Netball	Hockey	Handball	Tennis	Rounders	Athletics 5
	Dodgeball	Invasion Game Skills 4	Gymnastics - Partner work - under and over	Dance - The Haka	Ultimate Frisbee	Personal Challenges
Year Six	Invasion Game Skills 4	Football	Tag Rugby	Volleyball	Danish Longball	Athletics 6
	Gymnastics Year 6	Dance - Dance through the ages	Basketball	Football	Badminton	OAA