

Long Term Planning

St Clares Primary, Manchester
2025/26



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Dance - Nursery Rhymes	Stability 1	Gymnastics - Travelling, Stopping, and Making Shapes	Dance - Seasons	Locomotion 1	Fine Motor skills
	Continuous Provision	Continuous Provision	Continuous Provision	Continuous Provision	Continuous Provision	Continuous Provision
Reception	Dance - Copy and Explore	Gymnastics - Flight - Bouncing, Jumping & Landing	Dance - Jungle	Gym - Rocking & Rolling	Dance - Seasons	Athletics 1
	Continuous Provision	Continuous Provision	Continuous Provision	Continuous Provision	Continuous Provision	Continuous Provision
Year One	Dance - Animals	Gymnastics - Balancing & spinning on Points & Patches	Core PE - Dance	Gymnastics - Wide, narrow & curled rolling & balancing	Dance - Under the Sea	Gymnastics - Pathways - small & long
	Net & Wall Game Skills 1	Object Control 2	Invasion Game Skills 1	Target Games 2	Athletics 2	Striking & Fielding Game Skills 1
Year Two	Core PE - Dance	Gymnastics - Stretching, curling & arching	Dance - Fire of London	Gymnastics - Spinning, turning & twisting	Gymnastics - Pathways: straight, zigzag & curving	Athletics 2
	Net & Wall Game Skills 2	Target Games 3	Invasion Game Skills 2	Core PE - Athletics	Dance - Mini Beasts	Striking & Field Game Skills 2

Year Three	Core PE - Dance	Gymnastics - Symmetry & asymmetry (partners)	Dance - Dance Around the World	Gymnastics - Receiving body weight	Dance - Romans	Cricket
	OAA	Hockey	Basketball	Invasion Game Skills 3	Athletics 3	Tennis
Year Four	Dance - Dance Around the World	Gymnastics - Arching and bridges	Dance - Vikings	Tag Rugby	Dance - Space	Rounders
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year Five	Gymnastics - Partner work - under and over	Dance - British Values	Gymnastics - Matching, mirroring & contrast	Core PE - Dance	Dance - The Victorians	Gymnastics - Synchronisation & canon
	Leadership	Handball	Basketball	Hockey	Athletics 5	Cricket
Year Six	Team Building and Problem Solving	Gymnastics - Counter-balance & counter tension	Dance - World War 2	Rounders	Core PE - Dance	Athletics 6
	Tag Rugby	Invasion Game Skills 4	Netball	Gymnastics - Group Sequencing	Tennis	Gymnastics - Flight