

Long Term Planning

Hyde Park Juniors 2025/26



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	+	+	+	+	+	+
	+	+	+	+	+	+
Reception	An adventure with the Emergency Services	A Day on the Farm	Fantasy Fairy Tale	An encounter with Pirates	Under the Sea	Athletics 1
	Dance - Circus	Locomotion 1	Gymnastics Reception	Dance - Toys	Object Control 1	Invasion Game Skills 1
Year One	Fundamental Movement Skills 1	Fundamental Movement Skills 2	Fundamental Movement Skills 3	Invasion Game Skills 2	Striking & Fielding Game Skills 1	Athletics 2
	Personal Challenges	Gymnastics - Wide, narrow & curled rolling & balancing	Object Control 2	Gymnastics - Pathways - small & long	Dance - Animals	Locomotion 2
Year Two	Personal Challenges	Invasion Game Skills 2	OAA	Net & Wall Game Skills 2	Striking & Field Game Skills 2	Athletics 2
	Tri Golf	Gymnastics - Pathways: straight, zipzag & curving	Swimming	Dance - Fire of London	Gymnastics - Spinning, turning & twisting	Dance - Mini Beasts

Year Three

Invasion Game Skills 3	Tri Golf	OAA	Rounders	Danish Longball	Athletics 3
Dance - Space	Gymnastics - Receiving body weight	Dance - Egyptians	Swimming	Gymnastics - Linking movements together	Personal Challenges

Year Four

Cricket	Netball	OAA	Flag Football	Tennis	Athletics 4
Dance - Dance Around the World	Swimming	Swimming	Gymnastics - Rolling & travelling low	Personal Challenges	Gymnastics - Partner work - Pushing and pulling

Year Five

Leadership	Ultimate Frisbee	OAA	Rounders	Danish Longball	Athletics 5
Dance - The Haka	Gymnastics - Synchronisation & canon	Personal Challenges	Gymnastics - Partner work - under and over	Dance - Dance through the ages	Dodgeball

Year Six

Leadership	Tag Rugby	OAA	Flag Football	Tennis	Athletics 6
Personal Challenges	Gymnastics - Flight	Dance - The Victorians	Gymnastics - Group Sequencing	Team Building and Problem Solving	Tri Golf