

Holywell Long-term Overview 2025 - 2026

Year	Autumn		Spring		Summer	
	1	2	1	2	1	2
Nursery	Fundamentals unit 1		Gymnastics unit 1		Dance unit 1	Ball skills unit 1
Reception	Fundamentals unit 2	Dance unit 2	Gymnastics unit 2		Balls skills unit 2	Games unit 2
Year 1	Indoor - Gymnastics Outdoor – Ball skills	Indoor – Gymnastics Outdoor – Fundamentals	Indoor – Dance Outdoor – fitness	Indoor – Dance Outdoor – team building	Indoor – Yoga Outdoor – Striking and fielding	Indoor – Sending and receiving Outdoor – Athletics
Year 2	Indoor – Gymnastics Outdoor- Ball skills	Indoor – Gymnastics Outdoor – Fundamentals	Indoor -- Dance Outdoor - Fitness	Indoor – Dance Outdoor – Team building	Indoor – Yoga Outdoor- Striking and fielding	Indoor – Sending and receiving. Outdoor- Athletics
Year 3	Indoor – Gymnastics Outdoor – Fundamentals	Indoor – Gymnastics Outdoor – ball skills	Indoor – Dance Outdoor – hockey	Indoor – Dance Outdoor - OAA	Indoor – Fitness Outdoor - Rounders	Indoor – Yoga Outdoor - Athletics
Year 4	Indoor - Gymnastics Outdoor – Fundamentals	Indoor – Gymnastics Outdoor – Ball skills	Indoor – Dance Outdoor – hockey	Indoor- Dance Outdoor - OAA	Indoor – Fitness Outdoor - Rounders	Indoor – Yoga Outdoor - Athletics
Year 5	Indoor – Gymnastics Outdoor – Fitness	Indoor – Gymnastics Outdoor – Hockey	Indoor – Dance Outdoor - OAA	Indoor – Dance Outdoor – Netball	Indoor- Dodgeball Outdoor - Rounders	Indoor – Yoga Outdoor - Athletics

Year 6	Indoor – Gymnastics Outdoor – Fitness	Indoor – Gymnastics Outdoor – Hockey	Indoor – Dance Outdoor – OAA	Indoor – Dance Outdoor – Netball	Indoor – Dodgeball Outdoor- Rounders	Indoor – Yoga Outdoor – Athletics
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