

# New Horizons Seaside Primary: Fitness Long Term Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year One</b>	Circuits 1	Fitness 1 Skipping	Yoga 1	Social Dodgeball	Active Hour 1 2km walk with jogging element	Aerobics 1 Dance Fitness
<b>Year Two</b>	Circuits 2.1	Aerobics 2 Interval Training	Yoga 2	Social Dodgeball	Active Hour 2 3km walk with jogging / Fartlek training leading to Cross Country 1	Fitness 2 Circuits 2.2 (Building on Aut 1)
<b>Year Three</b>	Tag Rugby 1	Circuits 3	Aerobics 3 Boxercise	Fitness 3 Running Techniques	Outdoor Adventurous 1 Orienteering	Cross Country 1
<b>Year Four</b>	Circuits 4	Aerobics 4 Sh'bam-Style	Cross Country 2	Fitness 4 HIIT Training	Outdoor Adventurous 2 Action Games	Basketball 1
					Outdoor Adventurous* (Isle of Wight)	
<b>Year Five</b>	Circuits 5.1	Tag Rugby 2	Fitness 5 Self-Defence	Swimming TGP Planning	Outdoor Adventurous 3 Orienteering	Circuits 5.2 (Building on Aut 1)
			Outdoor Adventurous* (New Forest)			
<b>Year Six</b>	Circuits 6	Fitness 6 Endurance	Cross Country 4	Basketball 2	Outdoor Adventurous 4	Aerobics 6 Body Pump-style
						Outdoor Adventurous* (Cornwall)

## Residential Outdoor Adventurous Activities\*

Year 4 – Isle of Wight Residential: Hill walking, rock pooling.

Year 5 – New Forest Residential: Raft building, kayaking, abseiling, climbing, crate challenge, forest walks, zip wire.

Year 6 – Cornwall Residential: Coasteering, body boarding, cliff walks, swimming.