

Reception and KS1: Years 1-2

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking	Dance: Dinosaurs	Ball Skills Hands 1	Dance: Ourselves	Ball Skills Hands 2	Gymnastics : High, Low, Over, Under	Gymnastic: Moving	Dance: Nursery Rhymes	Ball Skills: Feet 1	Locomotion: Jumping 1	Games For Understanding: Attack v Defence	Swimming
Year 1	Locomotion: Running	Health and Wellbeing	Ball Skills Hands 1	Dance Heroes	Gymnastics Wide, Narrow, Curled	Ball Skills: Feet 1	Dance: The Zoo	Ball Skills: Hands 2	Locomotion Jumping 1	Ball Skills: Rackets, Bats and Balls	Team Building	Games for Understanding
Year 2	Locomotion: Dodging 1	Health and Wellbeing	Ball Skills Hands 1	Dance Mr Candys Sweet Factory	Gymnastics Linking	Ball Skills: Feet 1	Dance: Explorers	Ball Skills: Hands 2	Ball Skills: Rackets, Bats and Balls	Locomotion Jumping 1	Team Building	Games for Understanding

KS2: Years 3-6

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 3	Mindfulness	Invasion: Tag Rugby	Invasion: Handball	OAA: Communication	Gymnastics: Asymmetry and Symmetry	Invasion: Basketball	Swimming	Dance: Witches and Wizards	Dance: Wild Animals	Net/Wall: Tennis	Athletics	Striking & Fielding Rounders
Year 4	Mindfulness	Invasion: Tag Rugby	Invasion: Handball	OAA: Communication and Tactics	Gymnastics: Bridges	Invasion: Basketball	Invasion: Hockey	Dance: Space	Dance: World War 2	Net/Wall: Tennis	Athletics	Striking & Fielding Cricket
Year 5	Health Related Exercise	Netball	Invasion: Football	OAA: Problem Solving	Gymnastics: Counter Balance and Counter Tension	Invasion: Tag Rugby	Dance: Greeks	Invasion: Dodgeballl	Net/Wall: Badminton	Dance: The Circus	Athletics	Striking & Fielding Rounders
Year 6	Netball	Health Related Exercise	OAA: Leadership	Invasion: Football	Gymnastics: Matching and Mirroring	Invasiom: Tag Rugby	Swimming	Dance: Carnival	Dance: Titanic	Net/Wall: Badminton	Athletics	Striking & Fielding Cricket