

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Write dance (linked to development of fine and gross motor skills)		Dance: Ourselves		Ball Skills: Hands 1		Gymnastics: High, Low, Over, Under		Ball skills: Feet 1		Athletics: sports day activities	
Year 1	Ball Skills: Hands 1	Gymnastics: Narrow, Wide, Curled	Ball Skills: Hands 2	Dance: Growing	Ball Skills: Feet 1	Gymnastics: Body Parts	Attack vs Defence:	Dance:	Ball Skills: Rackets, Bats and Balls	Athletics: Running 1	Athletics : Jumping 1	Attack vs Defence: Games for Understanding
Year 2	Ball skills: Hands 1	Gymnastics: Linking	Ball Skills: Hands 2	Gymnastics: Pathways	Ball Skills: Feet 1	Dance: Water	Ball Skills: Rackets, Balls and Bats	Dance: Explorers	Athletics: Jumping	Health and Wellbeing	OAA: Team building	Attack vs Defence: Games for Understanding
Year 3	Invasion: Netball	Dance:	Invasion: Handball	OAA: Problem solving	Invasion: Football	Gymnastics: Symmetry and asymmetry	Invasion: Hockey	Dance:	Net / Wall: Tennis	OAA: Communication and Tactics	Striking & Fielding Rounders	Athletics: Athletics
Year 4	Invasion: Handball	Dance:	Invasion: Football	Gymnastics: Bridges	OAA: Orienteering	Dance:	Net/Wall: Tennis	Gymnastics: Bridges	Athletics:	Dance:	Striking & Fielding: Cricket	Gymnastics: Bridges
		Swimming		Swimming		Swimming		Swimming				Swimming
Year 5	Invasion: Basketball	Dance	Invasion: Netball	Gymnastics: Counter balance and tension	Invasion: Hockey	Dance: Planets	Net/Wall: Tennis	OAA: Orienteering	Athletics: Running	OAA: Communication and Tactics	Striking & Fielding Rounders	Athletics: Throwing and Jumping
Year 6	Invasion: Tag Rugby	Gymnastics: Matching and Mirroring	Invasion: Basketball	Dance	Invasion: Hockey	Dance: WW2 The Blitz	Invasion: Netball	OAA: Problem solving	Striking & Fielding: Rounders & Cricket	Athletics: Running	Net/Wall: Tennis	Athletics: Throwing and Jumping