	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	-Understand the importance of good health & hygiene -Gross and Fine motor skills - Travelling safely	- Fundamental skills (Run, Jump, Throw) -Understand the importance of exercise	**Movement and Development** - Movement through games (chasing/hiding) - Variety of movements - Expressive movement - Movement through dance	**Movement and Development** - Static balance - Balance in motion - Jumping from a height & landing safely - Movement with equipment	**Ball skills** - Taking turns - Skills at speed -Revisiting understand the importance of good health & hygiene	**Bat and Ball** - Understanding competition - Hand-eye coordination - Using equipment safely
Year 1	**Playground games** - Locomotive movement - Associative play - Reactions **Gymnastics** - Safety - Shapes - Balances	**Gymnastics** - Travelling - Landing safely - Low apparatus **Fundamental Skills** - Manipulative skills - Bilateral movement - Technique	**Dance** - Beat and tempo - Copying movement patterns - Responding to stimuli **Multiskills** - Listening skills - Communication skills	**Multiskills** - Basics of sending - Finding space **Fundamental movements** - Locomotor skills - Coordination	**Athletics** - Running straight - Two footed jumps - Continuous movement	**Striking & Fielding Games** - Throwing technique - Catching technique
Year 2	**Playground games** - Spatial awareness - Coordination - Cooperative play **Gymnastics** - Body shape - Balance rules - Types of balances	**Gymnastics** - Simple rotations - Using small apparatus - Jumping safely **Fundamental Skills** - Mastering skills - Applying skills - Competition	**Dance** - Expressing mood and feeling - Exploring movement patterns - Creating a motif **Multiskills** - Sending and receiving skills	**Multiskills** - Passing and moving - Outwitting an opponent **Fundamental movements** -Building core strength -Developing locomotor skills	**Athletics** - Long jump technique - High jump technique - Sprinting technique - Javelin technique	**Striking & Fielding Games** - Underarm bowl - Batting

Year 3	**Gymnastics** - Shapes in a sequence - Linking balances - Partner balances **Multiskills** - Sending and receiving accuracy - Racket skills	**Gymnastics** - Linking rotations - Mounting and dismounting apparatus - Balances on apparatus **Multiskills** - Invasion game specific skills	**Dance** - Unison - Cannon **Invasion games (*Generic*)** - Passing and moving - Scoring rules - Defending	**Dance** - Dance formations - Dance performance **Invasion games (*Generic*)** - Attacking principles - Defensive principles - Game play	**Athletics** - Triple jump technique - Chest push thrown technique - Baton changeover	**Striking & Fielding Games** - Running between wickets - Batting technique
Year 4	**Gymnastics** - Body management - Counter balance - Performing a routine **Invasion games (Generic)** - Decision making - Game phases - Understanding positions	**Gymnastics** - Forward rolls - Cartwheels - Sequences on apparatus **Invasion (*Hockey*)** - Hockey rules - Skills using sport specific equipment - Positioning	**Inclusive Games** -Motor skills -Physical engagement **Net & Wall** - Correct stance - Forehand and backhand shots - Cooperative rallies	**Net & Wall** - Underarm serve - Basic rules for scoring points - Tactical understanding **Fitness Circuits** -Circuit training -Health, fitness & wellbeing -Types of exercise -Individual targets	**Athletics** - Moving relay changeover - Sprint starts	**Striking & Fielding Games** - Overarm bowl - Long barrier - Variety of shots
	Swimming - 25m swim - Swimming techniques (Front crawl, Breaststroke, Backstroke, Butterfly) - Self rescue					
Year 5	**Net & Wall** - Hitting towards a target - Using appropriate shots - Hitting over a barrier - Attacking and defensive tactics	**Gymnastics** - Performing routines - Group routines - Support balances **Invasion (*Netball*)**	**Gymnastics** - Handstands - Tumbling - Balancing on higher apparatus	**OAA** - Team building - Communication - Planning & reflecting - Non-verbal communication - Map drawing	**Athletics** - Restricted relay changeover - Hurdling - Long distance pacing	**Striking & Fielding Games** - Batting tactics - Bowling tactics

	Sports Leadership - Individually organising activities - Managing equipment - Managing and leading groups	- Netball rules & positions - Footwork - Game play	**Invasion (*T1 Rugby*)** - T1 rugby rules - Sideways passing - Dodging/weaving - Cooperative movement	**Inclusive Games** -Motor skills -Physical engagement		
Year 6	**Net & Wall** - Game play - Understanding Tennis scoring system - Variations of net & wall games **Sports Leadership** - Organising activities with others - Working collaboratively - Managing activities	**Gymnastics** - Group routines - Reviewing routines **Invasion (*Handball*)** - Dribbling - Handball rules & positioning - Attacking and defending strategy	**Gymnastics** - Handstands - Vaulting - Travelling on higher apparatus **Invasion (*Quidditch*)** -Quidditch rules and positioning -Attacking and defending strategy -Roles within a game	**OAA** - Teamwork - Team roles (leaders) - Working cooperatively - Strategy **Invasion (*Ultimate Frisbee*)** - Ultimate Frisbee rules - Game management/self-referee	**Athletics** - Shot put - High jump scissors technique - Running take off	**Striking & Fielding Games** - Fielding tactics - Decision making

	Term 1 *(7 weeks)*	Term 2 *(7 weeks)*	Term 3 *(6 weeks)*	Term 4 *(6 weeks)*	Term 5 *(6 weeks)*	Term 6 *(7 weeks)*
Year 1	-Playground Games (outdoors) -Gymnastics (Indoors)	-Fundamental skills (Outdoors) -Gymnastics (Indoors)	-Dance (Indoors) -Multiskills (Outdoors)	-Fundamental movements (Indoors) -Multiskills (Outdoors)	-Athletics	-Striking and Fielding
Year 2	-Playground Games (outdoors) -Gymnastics (Indoors)	-Fundamental skills (Outdoors) -Gymnastics (Indoors)	-Dance (Indoors) -Multiskills (Outdoors)	- Multiskills (Outdoors) -Fundamental movements (Indoors)	-Athletics	-Striking and Fielding
Year 3	-Multiskills (Outdoors) -Gymnastics (Indoors)	-Multiskills (Outdoors) -Gymnastics (Indoors)	-Generic Invasion Games (Outdoors) -Dance (Indoors)	-Generic Invasion Games (Outdoors) -Dance (Indoors)	-Athletics	-Striking and Fielding
Year 4	-Generic Invasion Games (Outdoors) -Gymnastics (Indoors)	-Invasion Hockey (Outdoors) -Gymnastics (Indoors)	-Net & Wall (Outdoors) -Inclusive Games (Indoors)	-Net & Wall (Outdoors) -Fitness circuits (Indoors)	-Athletics	-Striking and Fielding
Year 5	-Sports Leadership Individual module (Approx. first 6 Lessons) -Net and Wall (Remaining Lessons)	-Gymnastics (Indoors) -Netball (Outdoors)	-Gymnastics (Indoors) -Quidditch/Tag Rugby	-OAA -Inclusive Games (Indoors approx 4 lessons)	-Athletics	-Striking and Fielding
Year 6	-Sports Leadership Group module (Approx. first 6 Lessons)	-Gymnastics (Indoors) -Handball (Outdoors)	-Gymnastics (Indoors) -Qudditch/Ultimate Frisbee	-OAA -Inclusive Games (Indoors approx. 4 lessons)	-Athletics	-Striking and Fielding

	-Net and Wall (Remaining Lessons)					