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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | Gym – Rocking and RollingMovement Skills 1 | Dance – ToysFine Motor Skills | Dance – Nursery RhymesNet and Wall Game Skills 1 | Stability 2- static and dynamic balanceGymnastics – Flight – bouncing, jumping and landing | Locomotion 1Striking & fielding- games skills 1 | Athletics 1Target Game 1 |
| Year 1 | Target Game 2Gymnastics- wide, narrow & curled rolling & balancing | Invasion 1Gymnastics- balancing & spinning on points & patches | Movement Skills2Dance- pirates | Striking and fielding skills 1Dance-animals (link to science) | Locomotion 2Gymnastics- pathways: small & long | Object manipulation 1&2Striking & fielding- games skills 2 |
| Year 2 | Target Game 3Gymnastics- pathways: straight, zigzag & curve | Invasion 2Gymnastics- stretching, curling & arching | Movement Skills 3Dance- Fire of London (link to history) | YogaDance- minibeasts (link to science) | Net and Wall Game Skills 2Gymnastics- spinning, turning & twisting | Athletics 2Tri golf (prep for Y3) |
| Year 3 | Health related fitness Football (I) | Dance- Dance around the worldTri-Golf | Gymnastics- linking movement togetherHockey (I) | Gymnastics- receiving body weightTennis (N&W) | Dance- Romans (link to history)Rounders (S&F) | Gymnastics- symmetry & asymmetryAthletics |
| Year 4 | Dance- Egyptians (link to history)Health related fitness | Dance- Space (pre-teaching for UKS2 science)Dodgeball (N&W) | Gymnastics- arching & bridgingInvasion skills 3 (I) | Swimming Year 4 | Gymnastics- partner work- pushing & pullingCricket (S & F) | Rounders (S&F)Netball (I) |
| Year 5 and 6Cycle 12022/2023 | Swimming (Class 10)C8:Dance- British ValuesHealth related fitnessC9:Dance- British ValuesHealth related fitness | Swimming (Class 9)C8:Gymnastics- matching, mirroring & contrast (Y5)Team-building & problem-solvingC10:Dance- British ValuesHealth related fitness | Swimming (Class 8)C9:Gymnastics- matching, mirroring & contrast (Y5)Team-building & problem-solvingC10:Gymnastics- matching, mirroring & contrast (Y5)Team-building & problem-solving | Gymnastics- counter-balance & counter tension (Y6)Dodgeball (N&W) | Dance- the HakaCricket (S&F) | AthleticsNetball (I) |
| Year 5 and 6Cycle 22023-2024 | Swimming (Class 10)C8:Health related fitnessDance through the agesC9:Health related fitnessDance through the ages | Swimming (Class 9)C8:Gymnastics- group sequencing (Y6)Invasion skills 4C10:Health related fitnessDance through the ages | Swimming (Class 8)C9:Gymnastics- group sequencingInvasion skills 4C10:Gymnastics- group sequencingInvasion skills 4 | Gymnastics- flight (Y6)Tennis (N&W) | Dance- World War 2 (pre-teaching of KS3 history)Danish longball (S&F) | Rounders (S & F)Ultimate frisbee (I) |