



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Gymnastics – balance	Games – Movement skills 1	Games – Movement Skills 2	Games – Locomotion	Games – Invasion Games 1	Games -Net & wall games 1
	Dance – Nursery Rhymes	Gymnastics – Rocking & Rolling	Games – Striking & fielding 1	Games – Target Games 1	Dance – Line Dancing	Athletics 1
Year 1	Games – Invasion Games Skills 1	Games – Movement Skills 1	Dance – Animals	Games – Invasion Games Skills 2	Dance – Under the Sea	Athletics 2
	Gymnastics – Pathways – small & long	Gymnastics – wide, narrow, curling, rolling & balancing	Gymnastics – balancing & spinning on points/patches	Games – Movement Skills 2	Games – Net & wall games 1	Games – Striking & fielding Skills 2
Year 2	Games – movement skills	Dance – Pirates	Games - Invasion Games – Skills 2	Dance – Great Fire of London	Games – Net & Wall Games Skills 2	Athletics
	Gymnastics – Pathways	Gymnastics – Spinning, twisting & turning	Games – Movement Skills 3	Gymnastics – Stretching, curling & arching.	Games – Striking & fielding Games Skills 2	Dance – Minibeasts
Year 3	Athletics	Gymnastics – Linking movements	Gymnastics – receiving body weight	Dance – Romans	Games - Tennis	OAA
	Games – Hockey	Games - H&ball	Swimming	Swimming	Swimming	Swimming
Year 4	Dance – Romans	Gymnastics – linking movements together	Dance – Dances Around the World	Gymnastics - Partner work- pushing & pulling	Dance – Vikings	Athletics
	Swimming	Swimming	OAA	Games - Tennis	Games – Rounders	Gymnastics – Rolling & travelling low
Year 5	OAA	Gymnastics – Synchronisation & canon	Games - Hockey	Gymnastics – matching, mirroring & contrast	Health Related Fitness	Athletics
	Dance – space	Games – Netball	Dance – Egyptians	Games – dodgeball	Games - Rounders	OAA - Team building & problem solving
Year 6	Gymnastics – counterbalance & tension	Athletics	Gymnastics – flight	Dance – WW2	Games – Rounders	Games – Hockey
	OAA – Leadership	Gymnastics - Flight	Games – TAG Rugby	Games – tennis	Dance – The Haka	Swimming – Top Up Swimming