



Year Group		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		1	2	1	2	1	2
EYFS	Reception	Basic Motor Skills Lessons 1-6	Gymnastics Travelling	Dance Exploration and Development (Nursery Rhymes)	Coordination & Control Lessons 1-3	Dance Exploring Actions (Under the Sea) Gymnastics Stretching & Curling	Spatial Awareness Lessons 1-3 (Fairy Tales)
	Year 1	Games Rolling, Throwing and Catching 1 Gymnastics Lessons 1 -3	Gymnastics Lessons 4 -6 Games Kicking and Handling	Games Dribbling and Dodging Gymnastics Lessons 7 - 8	Dance Responding to Stimuli (Space) Dance Exploring Actions (DO RE MI)	Games Hitting and Target Games Games Balls, Hoops and Beanbags	Games Scoring Points Gymnastics Supporting Weight
KEY STAGE 1	Year 2	Games Rolling, Throwing and Catching 2 Gymnastics Lessons 1 -3	Gymnastics Lessons 4 -6 Games Where's the goal?	Games Running, Kicking and Dribbling Gymnastics Lessons 7 - 8	Dance Levels, Directions and Speed (Space) Dance Dynamic Elements (DO RE MI)	Games Uni-hockey Gymnastics Transfer of Weight	Games Short Tennis 1 Gymnastics Flight 1
	Year 3	Games Football 1 Gymnastics Lessons 1 -3	Games Outdoor and Adventure 1 Games Basketball 1	Gymnastics Symmetry and Asymmetry Dance Creating Structure (Cheerdance)	Dance Control and Fluency (Combat) Games Indoor Athletics	Games Athletics Gymnastics 6 Action Sequences	Games Kwik-Cricket 1 Gymnastics Controlling Speed
LOWER KEY STAGE 2	Year 4	Games Mini- Tag Rugby Gymnastics Lessons 1 -3	Gymnastics Flight 2 Games Hockey 1	Gymnastics 7 Action Sequences Dance Linking Shape Sections (Cheerdance)	Dance Speed and Action (Combat) Games Outdoor and Adventure	Games Athletics Games Kwik Cricket	Games Athletics Games Short Tennis 2
	Year 5	Games Invasion Games Gymnastics Lessons 1 -3	Gymnastics 8 Action Sequences Games Basketball 2	Games Netball Dance Ideas into movement (Sports Jam)	Dance Compositional Principles (Cheerdance) Games Net/Wall Games	Games Athletics Games Striking & Fielding	Games Athletics Games Striking & Fielding
UPPER KEY STAGE 2	Year 6	Games Hockey 2 Gymnastics Lessons 1 -3	Gymnastics 9 Action Sequences Games Netball 2	Games Volleyball Dance Evaluate, Refine and Develop (Sports Jam)	Dance Performance & Composition (Cheerdance) Games Outdoor and Adventure 2	Games Athletics Games Striking & Fielding	Games Net/Wall Games Games Striking & Fielding