

Sporting Vehicle- basketball, netball, rugby, tennis,

Activity Type-

Games

Gymnastics

Dance

Athletics

OAA

Swimming

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Half-term focus	Coordination and balance	Movement	Control	Speed and power	Tactics and choices	Fitness- endurance, speed, explosiveness (e.g. jumping)
Reception	Managing Self- Manage their own needs including dressing. (PSED)	Move energetically, such as running, jumping, hopping skipping. (PD)	Negotiate space and obstacles safely, with consideration for themselves and others. (PD)	Demonstrate strength, balance and coordination when playing. (PD)	Explain the reasons for rules and an ability to follow instructions including several ideas or actions. (PSED)	Refining fundamentals of movement. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (PSED & PD)
	Personal, Social and Emotional Development	Physical Development	Physical Development	Physical Development	Personal, Social and Emotional Development	Personal, Social and Emotional Development and Physical Development
Year 1	Fundamentals	Ball skills	Target Games	Striking and Fielding Games	Team Building	Athletics
	Dance	Gymnastics	Sending and Receiving	Dance	Net and Wall Games	Invasion Games
Year 2	Gymnastics	Dance	Striking and Fielding Games	Gymnastics	Net and wall Games	Athletics

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	Fundamentals Catching, rolling and throwing with more accuracy	Ball skills	Fitness	Sending and receiving-passing with accuracy using a range of throws, rolls, kicks, hits	Simple tactics through small games. Vary skills through small games- including throws, rolls, kicks, hits	OAA- solving challenges or problems
Year 3	Dance- movements and phrases through key fundamentals	Gymnastics- movements (rolls) and sequences	Dance- sequences	OAA- adapting and responding to the environment	Swimming	Swimming
	Invasion Games- through Basketball/Netball- passing and catching Beat a defender	Invasion Games- through Tag rugby	Invasion Games- through Hockey- Dribbling and passing with control- effects of exercise	Net and wall through Tennis- ball control and strokes	Striking and fielding through Cricket	Athletics- throwing and jumping  Athletics/Circuits-
Year 4	Invasion Games- through Tag rugby- passing/dribbling/ catching Beat a defender	Gymnastics (Building clear routines)	Dance	Net and wall through Cricket-	Net and wall through Tennis	Athletics- throwing and jumping
	Swimming	Swimming	OAA- adapting and responding to the environment  Swimming – catch up	Gymnastics  Swimming – catch up	Invasion Games – football	Striking and fielding through rounders

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Year 5	Gymnastics	Dance	OAA	Gymnastics	Tchoukball/ Dodgeball	Athletics
	Football	Tag Rugby	Tennis  Swimming Catch-Up	Netball/Basketball  Swimming Catch-Up	Fitness  Swimming Catch-Up	Striking and fielding through cricket and rounders  Swimming Catch-Up
Year 6	Dance	Gymnastics	Dance	OAA	Rounders/Cricket	Athletics
	Tag Rugby	Football	Netball/Basketball	Tennis	Fitness  Swimming Catch-Up	Rounders/Cricket  Swimming Catch-Up