

Class 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills	Gymnastics	Mini Dance	Skip School	Net and Wall	Athletics
Catching, throwing, kicking	Apparatus work, Floor work	Movement and musicality	Skipping skills	Object control and	Looking at different
using different shaped balls.				manipulation/use of rackets,	techniques for track and
Working as a team.				bats, hockey, leading in to	field, applying the techniques
				striking and fielding.	needed for all disciplines
1.Aiming, catching, throwing,	1.Safety in Gymnastics	1.Counting/listening to music	1.Introducton and safety	1.Bat and ball, object	1.Running techniques
object control:	Basic Agilities	4 beats in a bar:	Jumping, hopping, skipping	manipulation, hand eye co-	2.Running techniques over
Throwing, aim, dodge,	Good execution of	Walking, skipping, running,	(without hoops/ropes etc)	ordination. Working in pairs	objects:
running	Gross motor skills:	galloping, jumping	good use of knees and ankle	and against a wall. Hitting	Running, walking, jumping ,
2. Throwing and catching	Running, jumping, hopping,	2. Characterisation	Flexion, walking, running,	ball with small tennis racket.	hopping, skipping
different size and shaped	skipping, walking	Telling a story	skipping, jumping, hopping	2.Repeat as above working	3. Developing awareness of
balls:	2.Recap of safety	3.As above	2.Jumping into hoops gaining	with bowling action, under	distance & weight, learning
Catching, ball control	Basic agilities	4.As above	distance. To encourage good	arm and over arm throw.	to throw in a coordinated
3. Throwing and catching at	Good execution of gross	5.As above	use of legs, core and balance	3.Using hockey sticks,	way for distance, learning to
various distances	motor skill:	Recognition of the music	3.Jumping over ropes and	manipulation of small plastic	throw a range of different
4. Throwing, catching and	Climbing, balancing	without instruction	hoops, forwards and	ball, working in and out of	throwing implements:
moving into space. Spatial	Good use of knees and	6.As above	backwards	obstacles. Striking the ball,	Aim, power, distance
awareness	ankles	Recognition of the music	Encouraging co-ordination	hand eye co-ordination.	4.As above
5.As above	3.Recap of safety	without instruction	4.Skipping with hoops and	4.Repeat as above.	5.Jumping for Height &
6.Shooting at a target.	Basic agilities	Free dance	individual ropes	5.Working in pairs striking	Distance developing
Working as a team:	Good execution of gross	7.To be able to listen to full	Skipping with individual	the small ball with tennis	awareness of distance &
Netball, basketball,	motor skill. Explore different	cd and identify the music and	ropes	rackets to each other.	height learning to take off &
dodgeball, handball	dismounts from apparatus.	characteristics.	5.Introduction of large rope	6.As above introducing	land in a coordinated &
7.Combining throwing	4.As above, adding agilities,	Move freely and	Skipping with individual and	competition element.	controlled way learning to
catching, movement and	forwards rolls, prep	independently without	large rope, encouraging co-	7.Small game, bowling,	jump in a variety of different
shooting	backward roll etc	instruction	ordination and timing,	striking and running to score	ways
	5.As above		skipping with rhymes.	points using different bats,	6.Combination of all,
	6.As above		6.Repeat as above	cricket, small rounders and	Improvement, progression
	7.As above		7.Repeat as above	tennis.	and confidence.
					7. Put skills in to practice at
					Sports Day



Class 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills Catching, throwing, kicking using different shaped balls. Object control and manipulation. Introduction to invasion, attack and defence.	Gymnastics Apparatus work, Floor work	Mini Dance Practice different sections of a dance, aiming to put together a performance	Skip School Skipping skills, different styles	Net and Wall Object control and manipulation/use of rackets, bats, hockey, leading in to striking and fielding.	Athletics Looking at different techniques for track and field, applying the techniques needed for all disciplines
 1.Aiming, catching, throwing, object control: Throwing, aim Dodge, running 2.Throwing and catching different size and shaped balls: Catching, ball control 3.Throwing and catching at various distances 4.Throwing, catching and moving into space. Spatial awareness 5. As above 6.Shooting at a target. Working as a team: Netball, basketball, dodgeball, handball 7.Combining throwing catching, movement and shooting 	 Safety in Gymnastics Basic Agilities Good execution of Gross motor skills: Running, jumping, hopping, skipping, walking Recap of safety Basic agilities Good execution of gross motor skill: Climbing, balancing, dismounting apparatus, exploring different ways. Recap of safety Basic agilities Good execution of gross motor skill: Climbing, balancing, dismounting apparatus, exploring different ways. Recap of safety Basic agilities Good execution of gross motor skills. Dismounting using good technique. Adding agilities 4. As above working on correct technique and core strength. 5. As above working on agilities and gross motor skills. 6. As above all combined 7. 	1.Counting/listening to music 4 beats in a bar: Walking, skipping, running, galloping, jumping 2.Characterisation Telling a story 3.As above 4.As above 5.Recognition of the music without instruction 6.As above Recognition of the music without instruction Free dance 7.To be able to listen to full cd and identify the music and characteristics. Move freely and independently without instruction	 Skipping safety, fundamentals of skipping, jumping over individual rope, double bounce and speed bounce. Create good rhythm, work on co-ordination As above and introduce, hop and swap, cross over, criss cross. As above introducing working in pairs, butterfly and face to face. As above Introduction of large rope, run in jump and out. As above, keep the kettle boiling. Encourage good timing, rhythm, and fluidity of movement Repeat all of the above, creating repetition to improve strength and stamina. 	 Bat and ball, object manipulation, hand eye co- ordination. Working in pairs and against a wall. Hitting ball with small tennis racket. Repeat as above working with bowling action, under arm and over arm throw. Using hockey sticks, manipulation of small plastic ball, working in and out of obstacles. Striking the ball, hand eye co-ordination. Repeat as above. Working in pairs striking the small ball with tennis rackets to each other. As above introducing competition element. Small game, bowling, striking and running to score points using different bats, cricket, small rounders and tennis. 	 Running techniques Running techniques over objects: Running, walking, jumping, hopping, skipping Developing awareness of distance & weight, learning to throw in a coordinated way for distance, learning to throw a range of different throwing implements: Aim, power, distance As above Jumping for Height & Distance developing awareness of distance & height learning to take off & land in a coordinated & controlled way learning to jump in a variety of different ways Combination of all, Improvement, progression and confidence. Put skills in to practice at Sports Day



Class 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion/Ball skill	Gymnastics	Dance	Skip School	Net and Wall	Athletics
Catching, throwing, kicking using different shaped balls. Object control and manipulation. Introduction to invasion, attack and defence.	Apparatus work, Floor work, Teamwork	Building basic choreography skills in dynamics and partner work.	Skipping skills, different moves, skip dance	Rounders Object control and manipulation/use of rackets, bats Striking and Fielding – Rounders and Kwik Cricket	Looking at different techniques for track and field, applying the techniques needed for all disciplines
1.Aim:	1.Genres of dance, discussion	1.Basic Agilities	1.Skipping safety, looking at	1.Fielding skills, throwing and	1.Long distance running –
Throwing , catching, team	of different styles of dance,	Understanding the	different skills, accessing skill	catching, long barrier,	Endurance and stamina:
work	contemporary, lyrical, street,	importance of a Warm Up:	level. Double bounce and	walking in, hand eye co-	Running
Strategy, dodging, running	hip hop, ballet etc.	Walking, running, jumping,	speed bounce, use time	ordination.	Walking
Focus, agility, aim	2. Running	skipping	element to increase strength	2.Batting practice using	Skipping
Throwing, jumping,	Jumping	Front, back and side support	and stamina.	different bats, rounders,	Hopping
awareness	Skipping	Forward roll	2.Repeat as above with	cricket, tennis, badminton.	Jumping,
2.Aim:	Hopping	Backward roll	different skip skills, hop and	Using different techniques.	2.Sprinting
Throwing , catching, team	Leaping	Cartwheel	swap, criss cross, cross over,	3.Combination of fielding and	3.Hurdles and Relay
work	3.Creating effective	Bridge position	side swing.	batting practice. Small games	4.Throwing:
Strategy, dodging, running Focus, agility, aim, throwing	choreography and music to suite. Discussion of how	2.To advance basic agilities	3.Repeat above, working in partners, face to face and	and matches of tennis, badminton and Kwik Cricket.	Throwing catching aiming
Jumping, awareness	simple movements can be	up: with creative endings to agilities	butterfly. Introduction of	Discussion of rules.	5.Jumping: Hopping
3.Dodge ball game.	more effective when working	3.Working with partners and	large rope practice keep the	4As above	Jumping
Strategies.	in a group.	or small groups: adding	kettle. To create good	5. As above	Skipping
Refereeing/rules	Working as a team	balancing, mirroring and	rhythm, fluidity and timing.	6.Rounders – Discussion of	Running
4.Netball: Passing and	4.Using knowledge of	weight baring	3.As above introducing	rules, into game	6.Combining activities
catching	effective choreography	4.Working with partners and	harder skills, the pretzel, side	implementing rules, batting	7.Put skills in to practice at
Pass variation:	groups to demonstrate and	or small groups.	swing cross and straddle.	and fielding.	Sports Day
Throwing, Catching, Running	teach. Working as a team	Linking agilities and	4.Looking at being creative	7.As above	Sports buy
Chest pass, Shoulder pass	5.Pattern and direction	movements	with skipping, ideas for new	,	
Bounce pass.	6.Pulling all choreography	5.As above	moves, combining skills.		
5.Footwork, dodging, pivot	together and performance	6.As above	Choreography, pattern and		
Shooting	technique	7.Performance	unison.		
6.Defence play. Throwing,	7.Performance and Evidence		5.As above, begin		
catching, aim shoot, passing			choreography using skills		
into space, time on ball (3			from previous sessions.		
seconds)			6.As above		
7.Positional play + basic rules			7.As above plus performance.		



		Class	s 4		
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills and Invasion	Gymnastics	Dance	Skip School	Net and Wall	Athletics
Working on specifics of netball/football/dodgeball/rugby Rules, tactics, game objectives.	Apparatus work Floor work/ Strength and conditioning Teamwork	Work collaboratively to include more complex compositional ideas	Skipping skills, different moves, skip dance	Object control and manipulation/use of rackets, bats Striking + Fielding – Rounders and Kwik Cricket Working on rules + strategy.	Looking at different techniques for track and field, applying the techniques needed for all disciplines
1.Aim Throwing + catching Team work, strategy, dodging, running, focus, agility, aim Throwing, jumping Awareness 2.Aim Throwing Catching Team work Strategy, dodging, running Focus, agility, aim, throwing Jumping, awareness 3.Dodge ball game. Strategies. Refereeing/rules 4.Netball: Passing and catching Pass variation: Throwing, Catching Running, Chest pass Shoulder pass, Bounce pass. 5.Footwork, dodging, pivot Shooting 6.Defence play. Throwing, catching, aim shoot, passing into space, time on ball (3 seconds) 7.Positional play + basic rules.	1.Basic Agilities Understanding the importance of a Warm Up: Walking, running, jumping, skipping Front, back and side support Forward roll Backward roll Cartwheel Bridge position 2.To advance basic agilities up: with creative endings to agilities 3.Working with partners and or small groups: adding balancing, mirroring and weight baring 4.Working with partners and or small groups. Linking agilities and movements 5.As above 7.Performance	 1.Genres of dance, discussion of different styles of dance, contemporary, lyrical, street, hip hop, ballet etc. 2 Running, jumping, skipping, hopping, leaping 3.Creating effective choreography and music to suite. Discussion of how simple movements can be more effective when working in a group. Working as a team 4.Using knowledge of effective choreography groups to demonstrate and teach. Working as a team 5.Pattern and direction 6.Pulling all choreography together and performance technique 7.Performance and Evidence 	 Skipping safety, looking at different skills, accessing skill level. Double bounce and speed bounce, use time element to increase strength and stamina. Repeat as above with different skip skills, hop and swap, criss cross, cross over, side swing. Repeat above, working in partners, face to face and butterfly. Introduction of large rope practice keep the kettle. To create good rhythm, fluidity and timing. As above introducing harder skills, the pretzel, side swing cross and straddle. Looking at being creative with skipping, ideas for new moves, combining skills. Choreography, pattern and unison. As above, begin choreography using skills from previous sessions. As above 	 1.Fielding skills, throwing and catching, long barrier, walking in, hand eye co- ordination. 2.Batting practice using different bats, rounders, cricket, tennis, badminton. Using different techniques. 3.Combination of fielding and batting practice. Small games and matches of tennis, badminton and Kwik Cricket. Discussion of rules. 4.As above 5.As above 6.Rounders – Discussion of rules, into game implementing rules, batting and fielding. 7.As above 	1.Long distance running – Endurance and stamina: Running Walking Skipping Hopping Jumping, 2.Sprinting 3.Hurdles and Relay 4.Throwing: Throwing catching aiming 5.Jumping: Hopping Jumping Skipping Running 6.Combining activities 7.Put skills in to practice at Sports Day