

Overview & Curriculum Coverage Map

Cycle A (2025-26)		Autumn	Spring	Summer
EYFS	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching	
KS1	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Gymnastics <ul style="list-style-type: none">perform basic rolls, shapes and travelscreate, perform and repeat basic sequences Dance <ul style="list-style-type: none">perform dances using simple movement patterns.	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Athletics <ul style="list-style-type: none">throw overarm and underarmjump for distanceperform running techniques Gymnastics <ul style="list-style-type: none">perform basic rolls, shapes and travelscreate, perform and repeat basic sequences	
LKS2	<u>Multi skills</u> <ul style="list-style-type: none">Throw and catch with some accuracy using a chest pass and a bounce passpass and move into spaceuse simple tactics to outwit an opponentshow good control and balance when changing directionwork co-operatively in small group activities. <u>Dance</u> <ul style="list-style-type: none">Create and perform a mirrored sequence with a partnerselect travelling actions to convey different characters	Athletics <ul style="list-style-type: none">demonstrate pull, push and sling throws with some accuracyperform a hop, step and jump with some controlperform in part of a team Net/wall games <ul style="list-style-type: none">throw over a net target with some accuracyhold a racket and strike a ballintercept thrown objectsbegin to think of strategy with outwitting opponentsthrow or strike short and long Gymnastics <ul style="list-style-type: none">perform rolls, balances, turns	Striking and fielding <ul style="list-style-type: none">bowl underarm with some control and accuracycatch a small ball and return in quicklystrike from a ball teechoose throwing tactics to make games harder for opponentsjudge, when fielding, where the ball is going to hit Athletics <ul style="list-style-type: none">demonstrate pull, push and sling throws with some accuracyperform a hop, step and jump with some controlperform in part of a team OAA	

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	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> perform rolls, balances, turns create, perform and repeat sequences with changes of direction and speed <p><u>Target games - Dodgeball</u></p> <ul style="list-style-type: none"> perform a coordinated dodge show awareness of space in tag games understand the importance of control and accuracy communicate and cooperate in team games 	<ul style="list-style-type: none"> create, perform and repeat sequences with changes of direction and speed <p>Dance</p> <ul style="list-style-type: none"> create and perform a mirrored sequence with a partner select travelling actions to convey different characters 	<ul style="list-style-type: none"> demonstrate teamwork cooperate with teammates to solve problems show encouragement to team members <p>Basketball</p> <ul style="list-style-type: none"> dribble a ball with some control throw and catch a bounce pass and chest pass with some accuracy use simple tactics to outwit an opponent
UKS2	<p>Invasion games – rugby</p> <ul style="list-style-type: none"> tag a player run with a ball in two hands to score a try use a variety of techniques including swing pass with consistency, accuracy and control use appropriate attacking and defending skills <p>Invasion games – hockey</p> <p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance 	<p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long-distance techniques <p>Net/wall games</p> <ul style="list-style-type: none"> use a range of shots with control and accuracy (e.g. forehand, backhand, underarm serve) anticipate and move into position to return the ball effectively develop and apply tactics such as positioning and shot placement work cooperatively with a partner to maintain a rally play competitive games using more advanced rules and scoring systems <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance 	<p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>OAA</p> <ul style="list-style-type: none"> experiment with different forms of communicating in a team complete tasks in given times, thinking through problems demonstrate trust and support <p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm and overarm with some accuracy field a ball and throw back accurately strike a bowled ball away from fielders <p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long-distance techniques

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		<p>OOA</p> <ul style="list-style-type: none">• follow maps and diagrams to complete orienteering or trail challenges• use teamwork and communication to solve problems and overcome challenges• take responsibility for roles within a group task• plan strategies and reflect on their effectiveness	
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Overview & Curriculum Coverage Map

Cycle B (2025-26)		Autumn	Spring	Summer
EYFS	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching	
KS1	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Athletics <ul style="list-style-type: none">throw overarm and underarmjump for distanceperform running techniques Dance <ul style="list-style-type: none">perform dances using simple movement patterns.	Fundamental Movement Skills <ul style="list-style-type: none">master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Dance <ul style="list-style-type: none">perform dances using simple movement patterns. Gymnastics <ul style="list-style-type: none">perform basic rolls, shapes and travelscreate, perform and repeat basic sequences	
LKS2	Invasion games – netball <ul style="list-style-type: none">throw and catch with some accuracy using a chest pass and a bounce passpass and move into spaceuse simple tactics to outwit an opponent Dance <ul style="list-style-type: none">create and perform a mirrored sequence with a partnerselect travelling actions to convey different characters Gymnastics <ul style="list-style-type: none">perform rolls, balances, turnscreate, perform and repeat sequences with changes of direction and speed Creative games <ul style="list-style-type: none">roll a ball with some accuracy	Dance <ul style="list-style-type: none">create and perform a mirrored sequence with a partnerselect travelling actions to convey different characters Net/wall – Badminton <ul style="list-style-type: none">show a forehand and backhand shothit a ball into a target areakeep a rally goingdefend an area throw over a net target with some accuracyhold a racket and strike a ballintercept thrown objectsbegin to think of strategy with outwitting opponentsthrow or strike short and long	Athletics <ul style="list-style-type: none">demonstrate pull, push and sling throws with some accuracyperform a hop, step and jump with some controlperform in part of a team OAA <ul style="list-style-type: none">demonstrate teamworkcooperate with teammates to solve problemsshow encouragement to team members Striking and fielding <ul style="list-style-type: none">bowl underarm with some control and accuracycatch a small ball and return in quicklystrike from a ball tee	

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	<ul style="list-style-type: none"> perform a coordinated dodge show balance and awareness of space in tag games understand the importance of control and accuracy 	<p>Gymnastics</p> <ul style="list-style-type: none"> perform rolls, balances, turns create, perform and repeat sequences with changes of direction and speed <p>Athletics</p> <ul style="list-style-type: none"> demonstrate pull, push and sling throws with some accuracy perform a hop, step and jump with some control perform in part of a team 	<ul style="list-style-type: none"> choose throwing tactics to make games harder for opponents judge, when fielding, where the ball is going to hit <p>Invasion games -rugby</p> <ul style="list-style-type: none"> travel holding a rugby ball correctly throw and catch a ball using a swing pass use simple tactics to outwit an opponent
UKS2	<p>Invasion games – netball</p> <ul style="list-style-type: none"> perform a chest, shoulder and bounce pass with consistency, accuracy and confidence shoot into a hoop with some accuracy use attacking skills to outwit an opponent use defending skills appropriately in games <p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance <p>Net/wall – Tennis</p> <ul style="list-style-type: none"> show a forehand and backhand shot hit a ball into a target area keep a rally going defend an area 	<p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm and overarm with some accuracy field a ball and throw back accurately strike a bowled ball away from fielders <p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long-distance techniques <p>Invasion games – rugby</p> <ul style="list-style-type: none"> tag a player run with a ball in two hands to score a try use a variety of techniques including swing pass with consistency, accuracy and control use appropriate attacking and defending skills <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance 	<p>OAA</p> <ul style="list-style-type: none"> experiment with different forms of communicating in a team complete tasks in given times, thinking through problems demonstrate trust and support <p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm and overarm with some accuracy field a ball and throw back accurately strike a bowled ball away from fielders <p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long-distance techniques