

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>EYFS</u> Nursery and reception	Gross motor	Spatial awareness Crossing midline	Core muscle strength	Balancing	Hand-eye coordinati on	Ready for the next year group
<u>Whole school</u> Years one, three and five	Gym	Dance	Net games	Invasion Striking and fielding	Athletics	Outdoor adventure / orienteeri ng
<u>Year 4</u>	Swimming and water safety.					