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| **Fundamental movement skills (FMS)** | **Athletics** | **Dance** | **Gymnastics** | **Outdoor Adventurous Activities (OAA)** | **Striking & Fielding** | **Net & Wall** | **Invasion Games** | **Swimming** |
| **EYFS & KS1** |
| **Cycles** | **Autumn** | **Spring** | **Summer** |
| **Cycle A****2024-25** | KS1- FMS A Run, Jump and Balance | FMS B Hop, Skip and Sidestep | FMS C Roll, Underarm & Overarm throw | FMS D Catch, Kick & Strike | FMS E, this unit allows children to practice game skills | Athletics |
| Throwing | Dance – Fire Fire | Dance – Three little pigs | Gymnastics | OAA – The great outdoors | Striking & Fielding |
| **Cycle B****2025-26** | FMS Baseline – Supertato | FMS Underarm | FMS overarm | FMS Bounce | FMS Kicking | Athletics |
| Playground Games | Dance - Animals | Dance Explorers | Gymnastics | Games- Net & Wall | FMS – End of KS assessment |
| **KS2** |
| **Cycle A****2024-2025** | Swimming | Swimming | Swimming | Target/ net, court wall games. | Athletics | Striking & Fielding- Rounders |
| Invasion Games - Handball | Invasion games | Dance | Invasion Games - Handball | Invasion games | Dance |
| **Cycle B****2025-2026** | Health related fitness | Invasion games – Rugby | Gymnastics | Net & wall | OAA | Striking & Fielding – Cricket |
| Invasion Games - Netball | Dance - Superheroes | Target Games - Dodgeball | Invasion Games – On the attack | Athletics | Creative Games |
| **Cycle C****2026-2027** | Invasion games – Football | Invasion games – Hockey | Gymnastics | Net & wall – Tennis | OAA – Orienteering | Striking & Fielding – Rounders |
| Creative games | Dance – Sparks Might Fly | Target Games - Boccia | Gymnastics | Athletics | Dance – Dance Through the ages |
| **Cycle D****2027-2028** | Invasion Games – Netball | Invasion Games – Rugby | Gymnastics | Net & Wall – Badminton | OAA – Teamwork | Striking & Fielding – Cricket |
| OAA – Teamwork problem solving | Dance – The Haka | Target Games - Dodgeball | Gymnastics | Athletics | Creative games |