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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 | |