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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **(Y3)**  **Lesson 1** | **Football**  **Pass a ball, dribble a ball, turn confidently with a ball, make good decisions** | **Dance**  **Demonstrate some agility, balance, coordination and precision, creativity, communicate** | **Gymnastics – Linking movements together**  **Step gracefully and with control, balance with good control.** | **Basketball**  **Control a basketball using both hands, dribble, chest pass, bounce pass.** | **Athletics**  **Correct technique to start a sprint race, hurdles, jumps, overarm throw with power, for distance** | **Tag Rugby**  **Scoop a ball up from the floor, pass a rugby ball backwards** |
| **Lesson 2** | **Cross Curricular Orienteering**  **Work as part of a team, work together to solve problems, map reading.** | **Health Related Fitness**  **Warm up and cool down, physical, mental and social benefits, Cardiovascular fitness, continuous training, circuit training.** | **Gymnastics- Symmetry& Asymmetry (partners)**  **Create a sequence, Spin symmetrically and asymmetrically** | **Handball**  **Passing on the move, shooting using overarm throw, block shot, intercept passes** | **Tennis**  **Hit consistent forehand returns, play backhand shots, serve** | **Rounders’**  **Develop basic bowling and batting skills. Catch high balls comfortably** |
| **Y3/4)**  **Lesson 1** | **Football**  **Pass a ball, dribble a ball, turn confidently with a ball, make good decisions** | **Dance**  **Demonstrate some agility, balance, coordination and precision, creativity, communicate** | **Gymnastics – Linking movements together**  **Step gracefully and with control, balance with good control.** | **Basketball**  **Control a basketball using both hands, dribble, chest pass, bounce pass.** | **Athletics**  **Correct technique to start a sprint race, hurdles, jumps, overarm throw with power, for distance** | **Tag Rugby**  **Scoop a ball up from the floor, pass a rugby ball backwards** |
| **Y3/4)**  **Lesson 2** | **Cross Curricular Orienteering**  **Work as part of a team, work together to solve problems, map reading.** | **Health Related Fitness**  **Warm up and cool down, physical, mental and social benefits, Cardiovascular fitness, continuous training, circuit training.** | **Gymnastics- Symmetry& Asymmetry (partners)**  **Create a sequence, Spin symmetrically and asymmetrically** | **Handball**  **Passing on the move, shooting using overarm throw, block shot, intercept passes** | **Tennis**  **Hit consistent forehand returns, play backhand shots, serve** | **Rounders’**  **Develop basic bowling and batting skills. Catch high balls comfortably** |
| **Y4**  **Lesson 1** | **Football**  **Pass a ball, dribble a ball, turn confidently with a ball, make good decisions** | **Dance**  **Demonstrate some agility, balance, coordination and precision, creativity, communicate** | **Gymnastics- Arching and bridges**  **Support my body weight on my hands and feet, create sequences, work in different formations** | **Basketball**  **Control a basketball using both hands, dribble a basketball, pass a basketball using good technique** | **Athletics**  **Correct technique to start a sprint race, hurdles, jumps, overarm throw with power, for distance** | **Tag Rugby**  **Scoop a ball up from the floor, pass a rugby ball backwards** |
| **Lesson 2** | **Cross Curricular Orienteering**  **Work as part of a team, work together to solve problems, map reading.** | **Health Related Fitness**  **Warm up and cool down, physical, mental and social benefits, Cardiovascular fitness, continuous training, circuit training.** | **Gymnastics- Partner and pulling**  **Balance on different points and patches, compose a sequence with a partner** | **Handball**  **Passing on the move, shooting using overarm throw, block shot, intercept passes** | **Tennis**  **Hit consistent forehand returns, play backhand shots, serve** | **Rounders’**  **Develop basic bowling and batting skills. Catch high balls comfortably** |
| **(Y5)**  **Lesson 1** | **Football**  **Pass a ball, dribble a ball, turn confidently with a ball, make good decisions** | **Health Related Fitness**  **Warm up and cool down, physical, mental and social benefits, Cardiovascular fitness, continuous training, circuit training** | **Gymnastics- Matching, Mirroring & Contrast**  **Perform matching moves** | **Tag Rugby**  **Pop pass and pocket pass, tag someone safely, send and receive a ball on the run** | **Athletics**  **Change pace and run at different tempos, throw with accuracy** | **Volleyball**  **Receive a volleyball using the bump and dig technique, set a ball, serve over distance** |
| **Lesson 2** | **Swimming** | **Swimming** | **Gymnastic – Synchronising & Canon**  **Slide, scramble, push and spin, different levels with different dynamics** | **Ultimate Frisbee**  **Send a Frisbee accurately using the backhand, throw a Frisbee on the forehand, catch one handed** | **Lacrosse**  **Hold the stick correctly, scoop the ball consistently** | **Rounders’**  **Catch with soft hands, bowl accurately at a consistent height** |
| **(Y5/6)**  **Lesson 1** | **Football**  **Pass a ball, dribble a ball, turn confidently with a ball, make good decisions** | **Dance**  **Demonstrate some agility, balance, coordination and precision, creativity, communicate** | **Gymnastics- Group Sequencing**  Group sequences. | **Tag Rugby**  **Pop pass and pocket pass, tag someone safely, send and receive a ball on the run** | **Athletics**  **Change pace and run at different tempos, throw with accuracy** | **Volleyball**  **Change pace and run at different tempos, throw with accuracy** |
| **Lesson 2** | **Cross Curricular Orienteering**  **Work as part of a team, work together to solve problems, map reading.** | **Health related fitness**  **Warm up and cool down, physical, mental and social benefits, Cardiovascular fitness, continuous training, circuit training** | **Gymnastics- Counter balance & counter tension**  **Create a sequence of moves in unison with a partner** | **Ultimate Frisbee**  **Send a Frisbee accurately using the backhand, throw a Frisbee on the forehand, catch one handed** | **Lacrosse**  **Hold the stick correctly, scoop the ball consistently** | **Rounders’**  **Catch with soft hands, bowl accurately at a consistent height** |
| **(Y6)**  **Lesson 1** | **Football**  **Pass a ball, dribble a ball, turn confidently with a ball, make good decisions** | **Dance**  **Demonstrate some agility, balance, coordination and precision, creativity, communicate** | **Gymnastics- Group Sequencing**  Group sequences. | **Tag Rugby**  **Pop pass and pocket pass, tag someone safely, send and receive a ball on the run** | **Athletics**  **Change pace and run at different tempos, throw with accuracy** | **Volleyball**  **Change pace and run at different tempos, throw with accuracy** |
| **Lesson 2** | **Cross Curricular Orienteering**  **Work as part of a team, work together to solve problems, map reading.** | **Health related fitness**  **Warm up and cool down, physical, mental and social benefits, Cardiovascular fitness, continuous training, circuit training** | **Gymnastics- Counter balance & counter tension**  **Create a sequence of moves in unison with a partner** | **Ultimate Frisbee**  **Send a Frisbee accurately using the backhand, throw a Frisbee on the forehand, catch one handed** | **Lacrosse**  **Hold the stick correctly, scoop the ball consistently** | **Rounders’**  **Catch with soft hands, bowl accurately at a consistent height** |