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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** |