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| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **(Y3)**  **Lesson 1** | **Football** | **Gymnastics-Stretching, curling & arching** | **Dance** | **Invasion Games** | **Athletics** | **Tag Rugby** |
| **Lesson 2** | **Handball** | **Hockey** | **Basketball** | **Gymnastics- Receiving body weight** | **Health Related Fitness** | **Cricket** |
| **Y3/4)**  **Lesson 1** | **Cricket** | **Gymnastics-Symmetry & Asymmetry (partners)** | **Dance** | **Invasion Games** | **Athletics** | **Tag Rugby** |
| **Y3/4)**  **Lesson 2** | **Handball** | **Hockey** | **Basketball** | **Gymnastics- Receiving body weight** | **Tennis** | **Cricket** |
| **Y4**  **Lesson 1** | **Flag Football** | **Dance** | **Gymnastics- Arching and bridges** | **Football** | **Athletics** | **Rounders** |
| **Lesson 2** | **Handball** | **Dodgeball** | **Basketball** | **Cross Curricular Orienteering** | **Tennis** | **Badminton** |
| **(Y5)**  **Lesson 1** | **Football** | **Dance** | **Gymnastics- Matching, Mirroring & Contrast** | **Netball** | **Athletics** | **Lacrosse** |
| **Lesson 2** | **Leadership** | **Tag Rugby** | **Basketball** | **Cricket** | **Danish Longball** | **Rounders’** |
| **(Y5/6)**  **Lesson 1** | **Football** | **Dance** | **Gymnastics- Matching, Mirroring & Contrast** | **Netball** | **Athletics** | **Volleyball** |
| **Lesson 2** | **Leadership** | **Health related fitness** | **Basketball** | **Cricket** | **Danish Longball** | **Rounders’** |
| **(Y6)**  **Lesson 1** | **Football** | **Dance** | **Gymnastics- Counter balance & counter tension** | **Flag Football** | **Athletics** | **Volleyball** |
| **Lesson 2** | **Team Building and Problem Solving** | **Hockey** | **Netball** | **Dodgeball** | **Tag Rugby** | **Cricket** |