

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Nursery	Continuous Provision- To develop their movement, skip, hop, balancing, riding and ball skills.	Continuous Provision- To develop their movement, skip, hop, balancing, riding and ball skills.	To move safely and sensibly in a space with consideration of others	To develop their fine and gross motor skills.	Explore travelling movements, spaces and balances.	Running, balancing changing direction, throwing & catching
Development Matters	By the end of Nursery, the children will have had opportunities to develop their movement, balancing, riding and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large -muscle movements to wave flags and streamers. Match their developing skills to tasks and activities in the setting.					
Reception	Moving in different ways	Climbing equipment	Ring games	Ball skills	Ball skills	Athletic games
ELG Physical development	By the end of Reception, children will be able to negotiate space and obstacles safely with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically such as running, jumping, dancing, hopping, skipping and climbing.					
Year 1	Fundamentals	Ball skills - rolling, kicking, throwing, catching	Sending and Receiving - rolling, kicking, throwing, catching	Dance - travel, shape, balance coordination	Invasion games	Gymnastics - shapes, balance, jumps
Year 2	Fundamentals	Gymnastics	Invasion	Team Building	Dance	Athletics
Year 3	Basketball	Hockey	Gymnastics	Dance	Tennis	Athletics
Year 4	Netball	Hockey	Dance	Gymnastics	Swimming Athletics	Swimming Cricket
Year 5	Swimming	Swimming	Dance	Netball	Gymnastics	Tennis
Year 6	Gymnastics	Dance	Yoga	Fitness	Rounders	Tag Ruby