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| **Year** | **Hour** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **R** | **1** | **Agility, Balance, Coordination**  Fundamental Movement Skills/SAQ (Speed, Agility, Quickness) Running, jumping, hopping | **Gymnastics**  Developing FMS through Gymnastic Activities. Climbing, Rolling, Jumping, | **Skill development**  Developing gross/fine motor skills using small/large equipment. | **FMS**  Multi-Sport Activities. Running, jumping, hopping, catching, throwing, balance, control, | **Ball Skills**  Developing catching and throwing, introduction to sports. | **FMS**  Multi-Sport Activities. Running, jumping, hopping, catching, throwing, balance, control, |
| **2** | **Dance** | **Dance** | **Dance** | **Dance** | **Dance** | **Dance** |
| **1** | **1** | **Fundamental Movement Skills/SAQ** Running, hopping, skipping, jumping, underarm throw, overarm throw, rolling a ball, bouncing a ball, kicking | **Gymnastics**  Balance/ agility / Jumping, Balancing, Travelling. | **(Orienteering**  **In Forest School)**  **Ball Skills**  throwing, catching, striking, fielding and simple principles of attack and evaluating tactics. | **FMS**  Multi-Sport Activities. Running, jumping, hopping, catching, throwing, balance, control, | **Ball Skills**  Developing catching and throwing and team building skills through Games activities. | **FMS**  Developing travelling and sending skills, body actions and movement patterns through Athletics and Dance activities |
| **2** | **Dance** | **Dance** | **Dance** | **Dance** | **Dance** | **Dance** |
| **2** | **1** | **FMS**  Developing FMS of running, dodging, catching and striking | **Gymnastics**  Combing gymnastics skills previously learnt into complex movements. | **FMS Revisit**  Running fast, hopping, skipping, jumping, underarm throw, overarm throw, rolling a ball, bouncing a ball, kicking a ball, catching | **Ball Skills**  Developing travelling, sending, receiving, attacking and defending strategies through Games activities. | **FMS - Athletics**  Developing running, throwing, jumping and catching skills through Athletics activities. | **FMS Striking and Fielding**  Developing travelling, sending, receiving skills and attacking and defending strategies through Athletics and Games activities. |
| **2** | Dance | **Dance** | Dance | Dance | **Dance** | **Dance** |