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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**  |