

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Locomotion 1 Negotiate space safely whilst changing direction.	Locomotion 2 Travel with confidence and skill around, under, over and through.	Net and Wall Send a ball with some degree of accuracy.	Athletics 1 Learning the basics of running, jumping, and throwing.	Striking & Fielding Games 1 Chase, retrieve, and return balls with some accuracy.	Fundamental Movement Skills Throwing in a variety of ways, catching with 2 hands.
Reception	Fundamentals Movement Skills 1 Demonstrate basic agility, balance and co-ordination.	Fine Motor Skills 1 Grasp, carry, and manipulate objects.	Stability 2 (Static & Dynamic Balance) Maintain balance whilst twisting, bending and reaching.	Target Games 1 Roll, throw and receive with some degree of accuracy.	Invasion Games Skills 1 Grow in confidence by attempting new activities	Dance – Jungle Creating simple theme related shapes, movements and actions.
Year One	Fundamental Movement Skills 1 Developing teamwork and communication by working together in a team.	Fundamental Movement Skills 2 Grow in confidence whilst improving my A, B, C – Agility, balance and coordination.	Fundamental Movement Skills 3 Dodging - changing direction and changing speed.	Invasion Games Skills 1 Throwing accurately at a target with power and precision.	Invasion Games Skills 2 Understand basic principles of attacking and defending.	Athletics 2 Jumping in a variety of ways landing and retaining balance.
Year One	Gymnastics – Balancing & Spinning on points & patches Perform both symmetrical and asymmetrical balances and spinning out of balances.	Gymnastics – Wide, narrow & curled rolling & balancing Travel in wide, narrow and curled shapes. Balance with control and roll safely.	Dance – Under the sea Contribute key words to the theme related mind map and translate those ideas into theme related shapes, movements and actions.	Net & Wall Game skills 1 Move quickly and efficiently to take up good positions on a court.	Striking & Fielding Game skills 1 Developing basic fielding techniques of throwing and catching and bowling with a degree of accuracy.	Striking & Fielding Game Skills 2 Develop the technique of how to strike a ball.

Year Two	Fundamental Movement Skills 2 Improving hand eye coordination.	Fundamental Movement Skill 3 Develop coordination to dribble a ball with either hand and feet.	Invasion Games Skill 2 Apply attacking and defending skills in game-based situations.	Net & Wall Game Skills 2 Developing the ability to send and receive a ball over a net consistently.	Striking & Fielding Game Skills 2 Developing basic fielding techniques of stopping the ball and returning it.	Tri – Golf Gripping a golf club with the correct technique and adopt a stance to strike a ball.
Year Two	Gymnastics – Spinning, turning & twisting Perform spinning, twisting and turning whilst travelling into and out of balances.	Gymnastics – Stretching, curling & arching Exploring ways of travelling, balancing and spinning in curled, stretched and arched positions.	Target Games 2 Throwing towards a target with some degree of power and accuracy.	Target Games 3 Throwing, rolling and kicking towards a target with some degree of accuracy.	Dance Pirates Use my body to express theme related shapes movements and feelings.	Athletics 2 Sprinting through the gears. Throwing for distance and jumping for height, speed, & distance.
Year Three	Gymnastics – Linking movements together Moving in and out of balances, spins and jumps smoothly and creatively.	Badminton Assume a position of readiness and grip a racket with the correct technique.	Football Demonstrating close control whilst dribbling a ball using both feet. Passing the ball with some degree of accuracy towards a target.	Basketball Improving spatial awareness whilst dribbling a ball with both hands.	Cricket Sending a ball into space and scoring runs.	Rounders Explore different fielding techniques to field successfully.
Year Three	Netball Sending the ball in a variety of ways and demonstrating correct technical footwork.	Tag Rugby Develop our pocket passing in a backwards direction and running with the ball into space and	Health Related Fitness Understand why a warm up and cool down is important.	Dance – around the world Explore a variety of dance styles from around the world and	Tennis Practice hitting forehand and backhand returns consistently.	OAA Map reading and co-ordinates.

		dodging past defenders.		create a class motif.		
Year Four	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year Four	Gymnastics – Partner work – pushing & pulling Exploring different balances, spins and travels with a partner.	Basketball Understanding the basic rules of basketball. Passing and moving into space to receive the ball.	Tag Rugby Pocket passing with accuracy and being able to receive the ball under pressure.	Badminton Demonstrate serving over a net and playing a variety of shots.	Cricket Sending a ball into space and scoring runs. Fielders to stop and return the ball in a variety of ways.	Tennis Judging the bounce/flight of the ball and positioning my body to return.
Year Five	Gymnastics – Matching, mirroring, & contrasting Explore matching, mirroring and contrasting with a partner and in a group.	Gymnastics – Partner work – under & over Evaluate the work of others and enjoy competing and challenging myself to improve.	Dance – WW2 Explore the importance of dance and work in groups to create short dance sequence.	Handball Passing and moving into space. Demonstrating communication and collaboration.	Rounders Batting with accuracy and into space, and bowling at a consistent height.	Tennis Explore a variety of shots and the use of forehand and backhand.
Year Five	Netball Applying attacking and defensive principles. Decide on some tactics as a team.	Tag Rugby Safely and consistently take the tag of my opponents to stifle their attack.	Football Dribbling with close control and at different tempos to keep the ball away from the defenders.	Volleyball Dig, bump, spike and set. Serve over a net.	Cricket Bowling with a short run up and with a straight arm. Batting and sending a ball into space to score runs.	Health & Fitness Improving core strength, cardiovascular health and flexibility.
	Gymnastics – Counterbalances	Gymnastics – Group sequencing	Volleyball	Health & Fitness	Cricket	Badminton

Year Six	& counter tension Linking skills together to create a sequence experimenting with a variety of counterbalances and counter tensions.	Create seamless sequences with a variety of balances, rolls, jumps, twists and turns using different levels and pathways	Explore positions and tactics, develop teamwork and communication. Send and receive a ball over a net.	Understand the physical and mental benefits to regular exercise. Develop stamina, strength and flexibility.	Ground field using a variety of techniques such as catching, scooping and long barrier. Show tactical awareness both as a batter and a fielder.	Assume the ready position in order to hit forehand and backhand shots. Demonstrate serving over a net with accuracy.
Year Six	Tag Rugby Attacking in staggered lines and develop my game understanding to play in game-based scenarios	Netball Develop receiving a ball and already knowing where it is going next.	Football Explore defending as a pair and develop teamwork and communication.	Basketball Create space to receive a pass, use of our bodies to protect the ball.	OAA Understanding the importance of communication, collaboration and negotiation when working as part of a team.	Rounders Consistently bowling well with accuracy. Fielding well as part of a team, developing confidence and competency.