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| **Year** | **Autumn 1 –** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **EYFS** | Coach led | Coach led | Coach led | Coach led | Coach led | Coach led |
| **KS1** | Invasion games (e.g. netball, football etc) - *play competitive games apply basic principles suitable for attacking and defending* | Gymnastics - *develop flexibility, strength, technique, control and balance* | Dance - *perform dances using a range of movement patterns* | Net/Wall  *play competitive games, modified where appropriate* | Athletics *use running, jumping, throwing and catching in isolation and in combination* | O+A *take part in outdoor and adventurous activity challenges both individually and within a team* |
| Striking and fielding *play competitive games, modified where appropriate* |
| **KS2** | Invasion games (e.g. netball, football etc) - *play competitive games apply basic principles suitable for attacking and defending* | Gymnastics - *develop flexibility, strength, technique, control and balance* | Dance - *perform dances using a range of movement patterns* | Net/Wall  *play competitive games, modified where appropriate* | Athletics *use running, jumping, throwing and catching in isolation and in combination* | O+A *take part in outdoor and adventurous activity challenges both individually and within a team* |
| Striking and fielding *play competitive games, modified where appropriate* |