

Key Stage 1

Year	Autumn	Spring	Summer
A	Tennis – racket skills and hand-eye coordination - To throw a ball at a target - To hit a ball at a target - Holding the racket - To return a ball - Movement - Play games	Dance – movement and body posture - To move in different ways - Controlled movements - Working individually and in pairs - Moving to music - Creativity and compose short routines - Perform	Basketball – ball skills and spatial awareness - Finding space - Moving with the ball - Bounce, roll and carry - To throw and catch - Defending - Play Games
	Netball – ball skills - To move with a ball - To roll a ball - To bounce a ball - To throw a ball - To play competitively - Find ways to win games	Dodgeball – footwork and throwing - Changing speed and direction - Underarm throw - Overarm throw - Speed of the throw - Catching - Games	Football – coordination and ball skills - Finding space - Move with the ball - Roll, kick and carry - Stop a ball with your foot - Defending - Trying to score
	Hockey – spatial awareness - To find space - To be safe and aware of others - Holding a hockey stick - Moving a ball - Stopping a ball - Compete in games	Gymnastics – Balance 5 Key shapes - Controlled movements - Balancing - Linking movements - Perform	Athletics – Body awareness - Move into space - Body control - Landing safely - Run and jump on the balls of your feet - Correct throwing technique - Compete
	Tag Rugby – footwork and ball skills - To hold and move with a ball - To pass to a target - To pass to a player - Run with the ball - Tag games - Scoring tries	Gymnastics (Equipment) – Balance - Shapes on equipment - Controlled movements on equipment - Balancing on equipment - Linking movements on equipment - Perform on equipment	Rounders – throwing and striking - Movements - Underarm throw - How to win games - Moving into space - Hitting a ball - Compete

B	Tennis – racket skills and hand-eye coordination - To throw a ball at a target - To hit a ball at a target - Holding the racket - To return a ball - Movement - Play games	Dance – movement and body posture - To move in different ways - Controlled movements - Working individually and in pairs - Moving to music - Creativity and compose short routines - Perform	Basketball – ball skills and spatial awareness - Finding space - Moving with the ball - Bounce, roll and carry - To throw and catch - Defending - Play Games
	Netball – ball skills - To move with a ball - To roll a ball - To bounce a ball - To throw a ball - To play competitively - Find ways to win games	Dodgeball – footwork and throwing - Changing speed and direction - Underarm throw - Overarm throw - Speed of the throw - Catching - Games	Football – coordination and ball skills - Finding space - Move with the ball - Roll, kick and carry - Stop a ball with your foot - Defending - Trying to score
	Hockey – spatial awareness - To find space - To be safe and aware of others - Holding a hockey stick - Moving a ball - Stopping a ball - Compete in games	Gymnastics – Balance 5 Key shapes - Controlled movements - Balancing - Linking movements - Perform	Athletics – Body awareness - Move into space - Body control - Landing safely - Run and jump on the balls of your feet - Correct throwing technique - Compete
	Tag Rugby – footwork and ball skills - To hold and move with a ball - To pass to a target - To pass to a player - Run with the ball - Tag games - Scoring tries	Gymnastics (Equipment) – Balance - Shapes on equipment - Controlled movements on equipment - Balancing on equipment - Linking movements on equipment - Perform on equipment	Rounders – throwing and striking - Movements - Underarm throw - How to win games - Moving into space - Hitting a ball - Compete

Lower Key Stage 2

Year	Autumn	Spring	Summer
A	Swimming 1. Entry and Exit 2. Water Safety 3. Breaststroke 4. Front Crawl 5. Backstroke 6. Butterfly (Advanced Group)	Dance 1. Movement patterns 2. Linking movements 3. Individual, paired and grouped movement 4. Linking movements – shared 5. Perform in character 6. Communicate feelings	Orienteering 1. To work cooperatively 2. Communication 3. Problem Solving and map skills 4. Points and map symbols 5. Make a map 6. Orienteering challenge event
	Hockey 1. Basic dribbling skills 2. Close ball control 3. Advanced dribbling and tackling 4. Passing 5. Shooting 6. Key skills	Gymnastics 1. 9 Key Shapes 2. Travelling (Body Parts) 3. Travelling (Heights) 4. Sequences of movement 5. Mirroring (in cannon) 6. Performance	Football 1. Basic passing 2. Dribbling and passing 3. Ball control, dribbling and passing 4. Dribbling past an opponent 5. Shooting 6. Key skills
	Dodgeball 1. Aiming and throwing 2. Dodging 3. Match play 4. Tactics 5. Variations 6. Competition	Tennis 1. Hand-eye coordination 2. Basic racquet skills 3. Striking the ball 4. Rallying – basic 5. Rallying – advanced 6. Key skills – match	Athletics 1. Running, jumping and throwing 2. Long jump and triple jump 3. Sprinting 4. High jump 5. Shot put and hammer throw 6. Key skills
	Basketball 1. Passing with accuracy 2. Control whilst moving 3. Passing styles 4. Space and possession 5. Attacking and defending 6. Tactics and gameplay	Volleyball 1. Hand-eye coordination 2. Positioning 3. The 'dig shot' 4. Reactions 5. Accuracy 6. Competition and tactics	Cricket 1. Throwing with accuracy 2. Catching with control 3. Striking 4. Striking accuracy 5. Fielding 6. Match and tactics

B	Swimming 1. Water Safety 2. Water Safety 3. Breaststroke 4. Front Crawl 5. Backstroke 6. Butterfly (Advanced Group)	Dance 1. Movement patterns 2. Linking movements 3. Individual, paired and grouped movement 4. Linking movements – shared 5. Perform in character 6. Communicate feelings	Golf 1. Putting accuracy 2. Putting games 3. Chip shot 4. Developing chipping 5. Target games 6. Competition
	Tag Rugby 1. Travelling with the ball 2. Keeping onside 3. Catching on the move 4. Defending 5. Working as a team 6. Game play and tactics	Gymnastics 1. 9 Key Shapes 2. Travelling (Body Parts) 3. Travelling (Heights) 4. Sequences of movement 5. Mirroring (in cannon) 6. Performance	Handball 1. Passing with accuracy 2. Controlled movement with the ball 3. Passing (over different distances) 4. Dribbling under pressure 5. Marking and defending 6. Competition
	Dodgeball 1. Aiming and throwing 2. Dodging 3. Match play 4. Tactics 5. Variations 6. Competition	Teamwork 1. Dodgeball 2. Benchball 3. Volleyball 4. Don't touch the floor! 5. Steal	Athletics 1. Running, jumping and throwing 2. Long jump and triple jump 3. Sprinting 4. High jump 5. Shot put and hammer throw 6. Key skills
	Netball 1. Accurate passing 2. Controlled movement 3. Different types of passing 4. Finding space 5. Attacking and defending 6. Competitive and tactics	Badminton 1. Watch, track and catch 2. Forehand 3. Backhand 4. Rallying 5. Tactical play 6. Competitive play	Rounders 1. Throwing with accuracy 2. Catching with control 3. Striking 4. Striking accuracy 5. Fielding 6. Match and tactics

Upper Key Stage 2

Year	Autumn	Spring	Summer
A	Swimming 1. Water Safety 2. Entry and Exit 3. Breaststroke 4. Front Crawl 5. Backstroke 6. Butterfly (Advanced Group)	Dance 1. Inspiration and stimulus 2. Show ideas through dance 3. Sections of dance individual and group 4. Applying principles of dance to a routine 5. Combine movements to a beat 6. Performance	Orienteering 1. Building confidence 2. Teamwork, communication, trust and value 3. Strategy and map reading 4. Developing map reading with confidence 5. Follow a map using symbols 6. Complete an event
	Tag Rugby 1. Travelling at speed 2. Dodging and fake passing 3. Catching under pressure 4. Evaluate a professional game 5. Attacking strategies 6. Defending strategies	Gymnastics 1. Flexibility and technique 2. Fluency on and off aparatas 3. Travelling with confidence 4. Create longer sequences 5. Rhythm and creativity 6. Performance	Handball 1. Passing on the move 2. Shooting under pressure 3. Passing over distances 4. Attacking 5. Defending 6. Competition
	Dodgeball 1. Aiming and throwing 2. Dodging 3. Match play 4. Tactics 5. Variations 6. Competition	Teamwork 1. Dodgeball 2. Benchball 3. Volleyball 4. Don't touch the floor! 5. Steal	Athletics 1. Triple Jump 2. Long distance running 3. Sprinting 4. Run up for throwing 5. Throwing for distance 6. Run up for jumping
	Netball 1. Different passes 2. Moving at speed 3. Marking, tracking and defending 4. Keeping possession 5. Teamwork and awareness 6. Attacking and defending principles	Badminton 1. Racquet grip and stance 2. Being ready and gameplay 3. Forehand and backhand 4. Different shots and serves 5. Tactical play 6. Competition using rules	Rounders 1. Throwing and bowling 2. Being aware of space 3. Catching and intercepting 4. Tactical fielding 5. Tactical batting 6. Competition

B	Swimming 1. Water Safety 2. Entry and Exit 3. Breaststroke 4. Front Crawl 5. Backstroke 6. Butterfly (Advanced Group)	Dance 1. Inspiration and stimulus 2. Show ideas through dance 3. Sections of dance individual and group 4. Applying principles of dance to a routine 5. Combine movements to a beat 6. Performance	Golf 1. Hitting targets 2. Driving technique 3. Hitting different distances 4. Compete 5. Discuss, evaluate and repeat 6. Competition
	Hockey 1. Dribbling around an opponent 2. Ball control at speed 3. Keeping possession 4. Defending 5. Attacking 6. Formations and tactics	Gymnastics 1. Flexibility and technique 2. Fluency on and off aparatas 3. Travelling with confidence 4. Create longer sequences 5. Rhythm and creativity 6. Performance	Football 1. Keeping possession – passing and dribbling 2. Ball control at speed 3. Attacking 4. Defending 5. Attacking and Defending 6. Positions and tactics
	Dodgeball 1. Aiming and throwing 2. Dodging 3. Match play 4. Tactics 5. Variations 6. Competition	Tennis 1. Forehand and backhand 2. Positioning 3. Tactics – finding space 4. Accuracy 5. Attacking 6. Match and evaluation	Athletics 1. Pacing yourself long distance 2. Speed vs stamina 3. Sprinting 4. Run up for throwing 5. Throwing for distance 6. Run up for jumping
	Basketball 1. Different passes 2. Moving at speed 3. Marking, tracking and defending 4. Keeping possession 5. Teamwork and awareness 6. Attacking and defending principles	Volleyball 1. Reactions 2. Positioning 3. Different shot types 4. Shot appropriation 5. Accuracy 6. Competition	Cricket 1. Tactical fielding 2. Bowling 3. Batting 4. Combining skills 5. Tournament Play 6. Tournament Play