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| **Year** | **Autumn** | **Spring** | **Summer** |
| **1st Half** | **2nd Half** | **1st Half** | **2nd Half** | **1st Half** | **2nd Half** |
| **1** | Health Related Exercise | Improve Agility | Dance | Invictus | Athletics | Improve Catching |
| Football | Improve Balance | Gymnastics | Orienteering | Improve Throwing | Striking and Fielding |
| **2** | Health Related Exercise | Improve Agility | Dance | Invictus | Athletics | Improve Catching |
| Football | Improve Balance | Gymnastics | Orienteering | Improve Throwing | Striking and Fielding |
| **3** | Health Related Exercise | Basketball | Dance | Invictus | Athletics | Rounders |
| Football | Netball | Gymnastics | Orienteering | Cricket | Tennis |
| **4** | Health Related Exercise | Basketball | Swimming | Swimming  | Athletics | Rounders |
| Football | Netball | Gymnastics | Orienteering | Cricket | Tennis |
| **5** | Health Related Exercise | Basketball | Dance | Invictus | Athletics | Rounders |
| Handball | Netball | Gymnastics | Orienteering | Cricket | Tennis |
| **6** | Health Related Exercise | Basketball | Dance | Invictus | Athletics | Rounders |
| Handball | Netball | Gymnastics | Orienteering | Cricket | Tennis |