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| **PE** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| N | Fine motor skill | Gymnastics – traveling, stopping and making shapes | Locomotion | Stability | Dance | Personal challenges |
| R | Fundamental movement skills | Gymnastics – Flight- bouncing, jumping and landing | Dance – Nursery Rhymes | Locomotion | Target games | Athletics |
| Year 1 | Fundamental movement skills | Dance | Fundamental movement skills | Gymnastics – Balancing & spinning on points | Target games | Fundamental movement skills |
| Locomotion | Yoga | Invasion games | Gymnastics – wide, narrow & curled rolling & balancing | Tri golf | Striking and fielding |
| Year 2 | Fundamental movement skills | Gymnastics – stretching, curling & arching | Fundamental movement skills | Dance | Target games | Invasion games |
| Personal challenges | Yoga | Gymnastics – pathways, straight, zipzag & curving | Net & wall game skills | Outdoor Adventurous Activities - OAA | Striking and fielding |
| Year 3 | Hockey | Gymnastics – Linking movements together | Dance | Basketball | Athletics | Cricket |
| Football | Health related fitness | Tennis | Netball | Outdoor Adventurous Activities - OAA | Rounders |
| Year 4 | Hockey | Gymnastics – Rolling & travelling low | Netball | Basketball | Athletics | Invasion games |
| Football | Tag Rugby | Tennis | Health related fitness | Dance | Rounders |
| Year 5 | Football | Gymnastics – Synchronisation & canon | Netball | Tennis | Athletics | Rounders |
| Tag Rugby | Hockey | Basketball | Dance | Outdoor Adventurous Activities - OAA | Cricket |
| Year 6 | Football | Gymnastics – Group sequencing | Netball | Tennis | Athletics | Rounders |
| Tag Rugby | Hockey | Basketball | Dance | LeadershipSwimming | CricketSwimming |