|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | | **Summer 1** | | | **Summer 2** |
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| **EYFS** | During the Early Years Foundation Stage children's physical activity is vital to a child's all around development. It enables them to pursue healthy and active lifestyles as well as developing social and emotional wellbeing . Gross and fine motor skills develop through a child's strength, co - ordination and positional awareness. They have access to balls, bikes, balancing and climbing equipment. They are given many opportunities to negotiate space and obstacles. Pupils develop fundamental movement and agility skills through varied opportunities of play and active games which include; running, jumping, dancing, hopping, skipping and climbing. | | | | | | | | |
| **Fitness** | **Bootcamp** | **Running** | **Skip to the beat** | **Circuits** | | **Fitness** | | | **Core strength** |
| **Year 1** | **Multi Skills - Balance/ coordination** How can we use our bodies to balance in different ways, and what games can we play to improve our coordination? | **Movement- Storytime** How can we express different emotions or stories through dance and movement, and what kinds of music inspire us to move in new ways? | **Gymnastics - Body Movement**  What are some new ways we can move our bodies, like rolling, jumping, and balancing, and how can we create a sequence of movements that flow together? | **Ball Skills - Throwing & catching** What are the best ways to throw and catch a ball, and how can we work with our friends to improve our skills? | | **Active Athletics**  What kinds of activities do athletes do, and how can we run, jump, and throw just like them in our own mini athletic events? | | | **Throwing & Catching - Field Games**  How can we use different types of equipment to practise throwing and catching, and what games can make practising these skills fun? |
| **Fitness** | **Bootcamp** | **Running** | **Skip to the beat** | **Circuits** | | **Fitness** | | | **Core strength** |
| **Key Sports Person** | **Harry Kane (England/Bayern Munich)** | | | | | | | | |
| **Year 2** | **Multi Skills- Twisting/ Turning**  How can we use twisting and turning movements in different games and activities, and why are these skills important for playing sports? | **Dance and Movement - Ballroom Dancing** How can we tell a story or show how we feel through dance and movement, and what kinds of music and rhythms can help us express ourselves? | **Gymnastics - Jumping, Balancing and Rolling** What new gymnastic movements can we learn, like balancing, rolling, and jumping, and how can we link these movements together smoothly? | **Ball Skills- Throwing & Catching** How can we improve our throwing and catching skills, and what fun games can we play to practise these skills with our friends? | | **Active Athletics** What are the different activities in athletics, like running, jumping, and throwing, and how can we try these activities in a fun and safe way? | | | **Throwing & Catching- Fielding Games** How can we use different objects to practise throwing and catching, and what challenges can we set for ourselves to get better? |
| **Fitness** | **Bootcamp** | **Running** | **Skip to the beat** | **Circuits** | | **Fitness** | | | **Core strength** |
| **Key Sports Person** | **Lewis Hamilton (British racing driver- Formula One)** | | | | | | | | |
| **Year 3** | **Multi Skills- Agility/ Balance** How can we use agility and balance in different sports, and what activities or games can help us improve these skills? | **Dance and Movement- African Storytime Dancing** How can we use dance to express different stories or cultures, and what movements can we create to go along with different types of music? | **Gymnastics- Jumping** What different types of jumps can we learn in gymnastics, and how can we perform them safely and gracefully? | **Ball Skills- Throwing & Catching** What techniques can we learn to throw and catch more accurately, and how can these skills be used in different team sports? | | **Active Athletics** What are the different types of events in athletics, such as running, jumping, and throwing, and how can we train to become better at them? | | | **Throwing & Catching- Fielding Games** How can we challenge ourselves to improve our throwing and catching skills, and what fun team games can we play to practise these skills? |
| **Fitness** | **Bootcamp** | **Boxercise** | **Skip to the beat** | **Circuits** | | **Fitness** | | | **Core Strength** |
| **Key Sports Person** | **Dina Asher- Smith (British Sprinter)** | | | | | | | | |
| **Year 4** | **Invaders- Football** How can we improve our dribbling and control skills in invasion games, and why are these skills important for team sports like football or basketball? | **Dance- Line Dance**  What makes line dancing fun and unique, and how can we create and perform our own line dance routines? | **Gym Sequences- Balance** How can we create a gymnastics sequence that combines different movements and balances, and what are the key elements of a successful and safe gymnastic sequence? | **Striking & Fielding- Rounders and Cricket** What strategies can we learn for striking and fielding games, like cricket or rounders, and how do these skills help us work better as a team? | | **Young Olympians- Athletics** What are some of the different sports in the Olympics, and how can we train and compete in these sports in our own mini Olympic games? | | | **Nimble Nets- Tennis** What are the key skills needed for net games like tennis or badminton, and how can we improve our agility and coordination for these games? |
| **Fitness** | **Bootcamp** | **Boxercise** | **Step to the beat** | **Circuits** | | **Fitness** | | | **Pilates** |
| **Key Sports Person** | **Beth Mead (England/ Arsenal Footballer)** | | | | | | | | |
| **Year 5** | **Invaders- Netball**  How can we use quick movements and strategies in invasion games like football or hockey to outwit our opponents, and why is teamwork important in these games? | **Dance- Bollywood** What are the unique features of Bollywood dance, and how can we express stories and emotions through its vibrant movements and music? | **Gymnastics- Sequences** How can we work with a partner to create gymnastic sequences that show balance, strength, and coordination, and what are the key factors for a successful and safe gymnastics performance? | **Striking & Fielding- Cricket** What techniques and strategies can we use in striking and fielding sports like cricket to play effectively and enjoyably? | | **Young Olympians- Athletics** What types of events are in the Young Olympians program, and how can we train and challenge ourselves in these athletic events to improve our fitness and sportsmanship? | | | **Nimble Nets- Tennis** What skills do we need to play tennis, and how can we practise to improve our serving, volleying, and rallying abilities? |
| **Fitness** | **Bootcamp** | **Boxercise** | **Step to the beat** | **Circuits** | | **Fitness** | | | **Pilates** |
| **Key Sports Person** | **Tom Dean (British Swimmer)** | | | | | | | | |
| **Year 6** | **Invaders- Tag Rugby**  How can we develop advanced tactics and strategies in invasion games like soccer or basketball, and how do these skills help us work together as an effective team? | **Dynamic Dance- Street Dance** How can we use dance to creatively express ideas and themes, and what different styles or cultures of dance can we explore and incorporate into our performances? | **Gymnastics- Sequences** How can we create complex gymnastic routines that include a variety of movements, transitions, and balances, and how does working as a team enhance our performance? | **Striking & Fielding- Rounders** What advanced skills and strategies can we learn for striking and fielding games like cricket or rounders, and how do these games teach us about teamwork and sportsmanship? | | **Young Olympians- Athletics** How can we challenge ourselves in various athletic disciplines, such as running, jumping, and throwing, and what can these disciplines teach us about perseverance and personal achievement? | | | **Nimble Nets- Badminton** What techniques can we master in net games like badminton to improve our gameplay, and why is quick thinking and agility important in these sports? |
| **Key Sports Person** | **Louie Hinchliffe (British Sprinter)** | | | | | | | | |
| **Fitness** | **Bootcamp** | **Boxercise** | **Step to the beat** | **Circuits** | | **Fitness** | | | **Pilates** |