

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Coordination – Throwing/ Catching/Object manipulation	Movement/Agility	Balance	Coordination – Throwing/ Catching/Object manipulation	Movement/Agility	Balance
Year 1	Coordination – Throwing/ Catching/Object manipulation	Movement/Agility	Balance	Netball (Coordination – passing and catching)	Gymnastics (Balance – Movement different types of balances/ways to move - floor and benches)	Athletics (all fundamentals) sprinting, jumping and throwing
Year 2	Netball (Coordination, Movement/Agility - passing and catching, movement off the ball, small sided games)	Dance (Coordination/Agility)	Gymnastics (Balance - Movement Floor, benches, boxes, basic routines)	Unihoc (Coordination, Movement/Agility, Balance – holding the stick, travelling with the ball, passing and receiving)	Basketball (Coordination – moving with the ball, passing and catching)	Athletics (all fundamentals) Relay, sprinting, jumping and throwing
Year 3	Netball (Coordination - Movement/Agility – different types of pass, passing into space, movement off the ball)	Dance (Coordination/Agility)	Gymnastics (Balance - Movement Floor, benches, boxes, wall apparatus, multi stage routines)	Unihoc (Space and movement, passing and receiving, movement off the ball, passing triangles)	Cricket Coordination Striking the ball, catching	Athletics (all fundamentals) Relay, sprinting, jumping and throwing
Year 4	Tag Rugby (Coordination, Movement/Agility, Balance – basic rules catching and passing, evasion and tagging)	Gymnastics (Balance/Coordination/Movement Floor, benches, boxes, wall apparatus, multi stage routines, with group evaluation of self)	Netball (Coordination movement off the ball, strategy defence/ attack, small sided games)	Basketball (Coordination Movement/Agility movement off the ball, strategy defence/ attack)	Rounders/Cricket (Coordination Striking the ball, catching Fielding – team work Throwing the ball from fielder to fielder to get to stump/wicket, stopping a rolling ball)	Athletics (all fundamentals) Relay, sprinting, jumping and throwing
Year 5	Tag Rugby (Coordination, Movement/Agility, Balance, passing moves, defensive strategy, sportsmanship)	Health and wellbeing/active for life circuits, tri golf, stretching, blind football, alternative dances)	Unihoc (sportsmanship, Space and movement) Attacking and defending strategies, shooting, small sided games Basketball	Basketball (Coordination Movement/Agility movement off the ball, strategy defence/ attack, passing triangles)	Athletics (all fundamentals) Relay, sprinting, jumping and throwing	Tennis (hand eye coordination – forehand and backhand)
Year 6	Tag Rugby (Coordination, Movement/Agility, Balance, passing moves, defensive strategy, sportsmanship, basic game play)	Health and wellbeing/active for life (circuits, tri golf, stretching, blind football, alternative dances)	Health and wellbeing/active for life (circuits, tri golf, stretching, blind football, alternative dances)	Basketball (team work, defence/attack strategies) Small sided games	Athletics (Personal Development)	Rounders (Coordination Striking the ball, catching Fielding – team work)

Fundamentals of Movement (FoM) focus on the introduction and development of agility, balance and coordination as the building blocks for future complex skills.

Fundamental movement skills (FMS) combine FoM to develop more complex actions, such as running, jumping, travelling, throwing, catching, striking and fielding skills.

Fundamental sport skills (FSS) include game-based concepts such as invasion, net and wall, and striking and fielding skills.

Fundamentals of health and wellbeing (FHW) focus on children taking responsibility for their own health and wellbeing. Giving children that are not necessarily sporty an opportunity to take part in non-competitive, non-invasion sports (golf, stretching, circuits, blind football)