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| **Year 1** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** | **Explore and develop competence across a range of physical literacy skills - balance, coordination, agility, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.** | | | | | |
| **Lesson 2** | **Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.** | | **Perform dances using simple movement patterns.** | **Healthy Heads (British Values)** | **Participate in adapted team games developing simple tactics for attacking and defending.** | |

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| **Year 2** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** | **Explore and develop competence across a range of physical literacy skills - balance, coordination, agility, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.** | | | | | |
| **Lesson 2** | **Healthy Heads (British Values)** | **Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.** | **Perform dances using simple movement patterns.** | **Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.** | **Participate in adapted team games developing simple tactics for attacking and defending.** | |

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| **Year 3** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | |
| **Lesson 1** | **Refine and master the range of physical literacy skills – balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.** | | **Perform increasingly complex dance movements and routines with control and coordination.** | | **Participate in a range of competitive mini team games – eg. 1v1, 2v1, 2v2, 5v2, up to 5v5** | | |
| **Lesson 2** | **Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.**  **Participate in adapted team games developing simple tactics for attacking and defending.** | | **Develop flexibility, strength, technique, control and balance.** | **Healthy Heads (British Values)** | **Take part in outdoor and adventurous activity challenges both individually and within a team.** | | **Use running, jumping, throwing and catching in isolation and in combination.** |

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| **Year 4** | **Autumn 1** | | **Autumn 2** | | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** | **Develop flexibility, strength, technique, control and balance.** | | | **Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.**  **\*Fit2Go** | | **Use running, jumping, throwing and catching in isolation and in combination.** | **Perform increasingly complex dance movements and routines with control and coordination.** | |
| **Lesson 2** | **Healthy Heads (British Values)**  **\*Games** | **Refine and master the range of physical literacy skills – balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.** | | | **Refine and master the range of physical literacy skills – balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.** | | **Swim competently, confidently and proficiently over a distance of at least25 metres. Use a range of strokes effectively [for example, front crawl,**  **backstroke and breaststroke] Perform safe self-rescue in different water-**  **based situations.** | |

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| **Year 5** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | |
| **Lesson 1** | **Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.** | | | | **Take part in outdoor and adventurous activity challenges both individually and within a team.** | | **Use running, jumping, throwing and catching in isolation and in combination.** |
| **Lesson 2** | **Develop flexibility, strength, technique, control and balance.** | | **Perform increasingly complex dance movements and routines with control and coordination.** | **Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games** | | | **Healthy Heads (British Values)** |

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| **Year 6** | **Autumn 1** | | **Autumn 2** | | **Spring 1** | | **Spring 2** | **Summer 1** | **Summer 2** |
| **Lesson 1** | **Perform increasingly complex dance movements and routines with control and coordination.** | **Take part in outdoor and adventurous activity challenges both individually and within a team.** | | **Develop flexibility, strength, technique, control and balance.** | | | | **Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games.** | |
| **Lesson 2** | **Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games.** | | | | **Unstoppables Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games.** | **Healthy Heads (British Values)** | | **Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities that are both collaborative and competitive.** | |