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| **Reception** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Catching and throwing  Agility & coordination  Shooting for targets  Balance  Spatial awareness | **Football / Basketball/ Netball / hockey**  Passing & catching  Dribbling  Shooting | **Football / Basketball/ Netball / Hockey**  Passing & catching  Dribbling  Shooting | **Football / Basketball/ Netball / Hockey**  Passing & catching  Dribbling  Shooting  Defending as an individual  Goalkeeping | **Football / Basketball/ Netball/ Hockey**  Passing & catching  Dribbling  Shooting  Defending as individual and as a team  Goalkeeping | **Football / Basketball/ Netball/ Hockey**  Passing & catching  Dribbling  Shooting  Defending as individual and as a team  Goalkeeping  Tactical awareness  Positioning  Rotation | **Football / Basketball/ Netball/ Hockey**  Passing & catching  Dribbling  Shooting  Defending as individual and as a team  Goalkeeping  Tactical awareness  Positioning  Rotation |
| Catching and throwing  Agility & coordination  Balance | **Tag Rugby**  Handling  Agility  Understanding scoring  Tackling | **Tag Rugby**  Handling  Agility  Understanding scoring  Tackling | **Tag Rugby**  Handling  Agility  Understanding scoring  Tackling  Passing  Decision-making | **Tag Rugby**  Handling  Agility  Understanding scoring  Tackling  Passing at speed/ on the move  Decision-making | **Tag Rugby**  Handling  Agility  Understanding scoring  Tackling  Passing at speed/ on the move  Decision-making  Tactical awareness | **Tag Rugby**  Handling  Agility  Understanding scoring  Tackling  Passing at speed/ on the move  Decision-making  Tactical awareness |
| Running  Jumping (coordination)  Throwing (coordination) | **Athletics / sports day**  Running  Jumping (2 feet – 2 feet)  Throwing | **Athletics / sports day**  Running  Jumping (2 feet – 2 feet, hurdle step)  Throwing | **Athletics / sports day**  Running (pace, starts, technique)  Jumping (2 feet – 2 feet)  Throwing (howlers, javelins, tennis balls, chest push – basketball) | **Athletics / sports day**  Running (pace, starts, technique)  Jumping (2 feet – 2 feet; speed bounce, vert)  Throwing (howlers, javelins, tennis balls, chest push – basketball) | **Athletics / sports day**  Running (pace, starts, technique)  Jumping (2 feet – 2 feet; speed bounce, vert, sequenced, high)  Throwing (howlers, javelins, tennis balls, chest push – medicine ball)  Measuring and scoring | **Athletics / sports day**  Running (pace, starts, technique)  Jumping (2 feet – 2 feet; speed bounce, vert, sequenced, high)  Throwing (howlers, javelins, tennis balls, chest push – medicine ball)  Measuring and scoring (+ understanding how to improve performance) |
| Agility  Balance  Coordination  Body management - shapes | **Gymnastics / Dance**  Body management – skills (tuck dish etc)  Floor exercise (rolls)  Vault  Agility  Balance  Coordination | **Gymnastics / Dance**  Body management (tuck dish etc)  Floor exercise (forward rolls)  Vault  Agility  Balance  Coordination  Short sequences  Safely moving across equipment | **Gymnastics / Dance**  Body management (tuck dish etc)  Floor exercise (forward & backward rolls)  Vault onto box  Agility  Balance  Coordination  Synchronisation  Sequencing  Recall and create routines with and without music  Performing on equipment | **Gymnastics / Dance**  Body management (tuck dish etc)  Floor exercise (forward & backwards rolls, cartwheels)  Vault – squat onto box  Agility  Balance  Coordination  Synchronisation  Sequencing  Recall and performing routines with and without music  Performing on equipment | **Gymnastics / Dance**  Body management (tuck dish etc)  Floor exercise (forward & backwards rolls, cartwheels, round offs)  Understanding fitness and flexibility to improve performance  Vault – through and straddle  Agility  Balance  Coordination  Synchronisation  Sequencing  Create routines to music  Performing on equipment | **Gymnastics / Dance**  Body management (tuck dish etc)  Floor exercise (forward & backwards rolls, cartwheels, round offs)  Understanding fitness and flexibility to improve performance  Vault – through and straddle  Agility  Balance  Coordination  Synchronisation  Sequencing  Create and develop routines to music on floor and equipment |
| Throwing & catching  Striking a still target | **Cricket / rounders**  Throwing & catching  Striking a moving target | **Cricket / rounders**  Throwing & catching  Striking a moving target | **Cricket / rounders**  Throwing & catching  Striking a moving target  Bowling  Using space  Fielding positions | **Cricket / rounders**  Throwing & catching  Striking a moving target  Bowling  Using space  Fielding positions | **Cricket / rounders**  Throwing & catching  Striking a moving target  Bowling  Using space  Fielding positions  Scoring & umpiring  Tactics  Running as a team | **Cricket / rounders**  Throwing & catching  Striking a moving target  Bowling  Using space  Fielding positions  Scoring & umpiring  Tactics  Running as a team |
| Striking  Coordination  Balance  Aiming | **Golf**  Putting, Chipping, driving  Striking a still target  Aiming  Position and coordination | **Golf**  Putting, Chipping, driving  Striking a still target  Aiming  Position and coordination | **Golf**  Putting, Chipping, driving  Striking a still target  Aiming  Position and coordination  Speed, power & accuracy  Including foot golf | **Golf**  Putting, Chipping, driving  Striking a still target  Aiming  Position and coordination  Speed, power & accuracy  Including foot golf | **Golf**  Putting, Chipping, driving  Striking a still target  Aiming  Position and coordination  Speed, power & accuracy  Developing own courses (including targets and hazards)  Scoring | **Golf**  Putting, Chipping, driving  Striking a still target  Aiming  Position and coordination  Speed, power & accuracy  Developing own courses (including targets and hazards)  Scoring |
| Coordination  Handling  Aiming at a still target / area  Understanding the net | **Tennis**  Racket skills  Coordination  Self-serves  Aiming at a target (not a game situation)  Understanding the net | **Tennis**  Racket skills  Coordination  Self-serves  Aiming at a target (not a game situation)  Understanding the net | **Tennis**  Racket skills – forehand & backhand  Coordination  Self-serves  Aiming at a target (lobs & volleys)  Understanding the net  Returning a ball (from a coach) | **Tennis**  Racket skills – forehand & backhand  Coordination  Self-serves  Aiming at a target (lobs and volleys)  Understanding the net  Returning a ball (from a coach) | **Tennis**  Racket skills – forehand & backhand  Coordination  Aiming at a target  Understanding the net  Returning a ball from a partner  Mini matches  Scoring & umpiring | **Tennis**  Racket skills – forehand & backhand  Coordination  Aiming at a target  Understanding the net  Returning a ball from a partner  Mini matches (including doubles & tournament play)  Scoring & umpiring |
| **OAA**  Coordination  Sense of direction  Understanding risk  Communication skills | **OAA**  Orienteering of school and forest school site  Tree climbing  Risk management  Looking after a partner  Communication and direction skills | **OAA**  Orienteering of school and forest school site  Tree climbing  Risk management  Looking after a partner  Communication and direction skills | **OAA**  Orienteering of school and forest school site Tree climbing  Risk management  Looking after a small team  Communication and direction skills | **OAA**  Peat Rigg residential | **OAA**  Orienteering of school and forest school site  Tree climbing  Risk management  Looking after a group  Leadership and teamwork  Communication and direction skills | **OAA**  Orienteering of school and forest school site  Tree climbing  Risk management  Looking after a group  Leadership and teamwork  Communication and direction skills |

**Sport Focus:**

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| **Autumn Term**  Tag Rugby  Football  Multiskills  Indoor Athletics  Gymnastics  Cross Country  Basketball | **Spring Term**  Netball  Hockey  Swimming  Cricket  Football | **Summer**  Cricket  Outdoor athletics / sports day  Rounders  Tennis  Golf  Tag rugby (Y5) |