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| **Reception** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Catching and throwingAgility & coordinationShooting for targetsBalanceSpatial awareness | **Football / Basketball/ Netball / hockey**Passing & catchingDribblingShooting | **Football / Basketball/ Netball / Hockey**Passing & catchingDribblingShooting | **Football / Basketball/ Netball / Hockey**Passing & catchingDribblingShootingDefending as an individualGoalkeeping | **Football / Basketball/ Netball/ Hockey**Passing & catchingDribblingShootingDefending as individual and as a teamGoalkeeping | **Football / Basketball/ Netball/ Hockey**Passing & catchingDribblingShootingDefending as individual and as a teamGoalkeepingTactical awarenessPositioningRotation | **Football / Basketball/ Netball/ Hockey**Passing & catchingDribblingShootingDefending as individual and as a teamGoalkeepingTactical awarenessPositioningRotation |
| Catching and throwingAgility & coordination Balance | **Tag Rugby**HandlingAgilityUnderstanding scoringTackling | **Tag Rugby**HandlingAgilityUnderstanding scoringTackling | **Tag Rugby**HandlingAgilityUnderstanding scoringTacklingPassingDecision-making | **Tag Rugby**HandlingAgilityUnderstanding scoringTacklingPassing at speed/ on the moveDecision-making | **Tag Rugby**HandlingAgilityUnderstanding scoringTacklingPassing at speed/ on the moveDecision-makingTactical awareness | **Tag Rugby**HandlingAgilityUnderstanding scoringTacklingPassing at speed/ on the moveDecision-makingTactical awareness |
| RunningJumping (coordination)Throwing (coordination) | **Athletics / sports day**RunningJumping (2 feet – 2 feet)Throwing | **Athletics / sports day**RunningJumping (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) |
| AgilityBalanceCoordinationBody management - shapes | **Gymnastics / Dance**Body management – skills (tuck dish etc)Floor exercise (rolls)VaultAgilityBalanceCoordination | **Gymnastics / Dance**Body management (tuck dish etc)Floor exercise (forward rolls)VaultAgilityBalanceCoordinationShort sequencesSafely moving across equipment | **Gymnastics / Dance**Body management (tuck dish etc)Floor exercise (forward & backward rolls)Vault onto boxAgilityBalanceCoordinationSynchronisationSequencingRecall and create routines with and without musicPerforming on equipment | **Gymnastics / Dance**Body management (tuck dish etc)Floor exercise (forward & backwards rolls, cartwheels)Vault – squat onto boxAgilityBalanceCoordinationSynchronisationSequencingRecall and performing routines with and without musicPerforming on equipment | **Gymnastics / Dance**Body management (tuck dish etc)Floor exercise (forward & backwards rolls, cartwheels, round offs)Understanding fitness and flexibility to improve performanceVault – through and straddleAgilityBalanceCoordinationSynchronisationSequencingCreate routines to musicPerforming on equipment | **Gymnastics / Dance**Body management (tuck dish etc)Floor exercise (forward & backwards rolls, cartwheels, round offs)Understanding fitness and flexibility to improve performanceVault – through and straddleAgilityBalanceCoordinationSynchronisationSequencingCreate and develop routines to music on floor and equipment |
| Throwing & catchingStriking a still target | **Cricket / rounders**Throwing & catchingStriking a moving target | **Cricket / rounders**Throwing & catchingStriking a moving target | **Cricket / rounders**Throwing & catchingStriking a moving targetBowling Using spaceFielding positions | **Cricket / rounders**Throwing & catchingStriking a moving targetBowling Using spaceFielding positions | **Cricket / rounders**Throwing & catchingStriking a moving targetBowling Using spaceFielding positionsScoring & umpiringTacticsRunning as a team | **Cricket / rounders**Throwing & catchingStriking a moving targetBowling Using spaceFielding positionsScoring & umpiringTacticsRunning as a team |
| StrikingCoordinationBalanceAiming | **Golf**Putting, Chipping, drivingStriking a still targetAimingPosition and coordination | **Golf**Putting, Chipping, drivingStriking a still targetAimingPosition and coordination | **Golf**Putting, Chipping, drivingStriking a still targetAimingPosition and coordinationSpeed, power & accuracyIncluding foot golf | **Golf**Putting, Chipping, drivingStriking a still targetAimingPosition and coordinationSpeed, power & accuracyIncluding foot golf | **Golf**Putting, Chipping, drivingStriking a still targetAimingPosition and coordinationSpeed, power & accuracyDeveloping own courses (including targets and hazards)Scoring | **Golf**Putting, Chipping, drivingStriking a still targetAimingPosition and coordinationSpeed, power & accuracyDeveloping own courses (including targets and hazards)Scoring |
| CoordinationHandlingAiming at a still target / areaUnderstanding the net | **Tennis**Racket skillsCoordinationSelf-servesAiming at a target (not a game situation)Understanding the net | **Tennis**Racket skillsCoordinationSelf-servesAiming at a target (not a game situation)Understanding the net | **Tennis**Racket skills – forehand & backhandCoordinationSelf-servesAiming at a target (lobs & volleys)Understanding the netReturning a ball (from a coach) | **Tennis**Racket skills – forehand & backhandCoordinationSelf-servesAiming at a target (lobs and volleys)Understanding the netReturning a ball (from a coach) | **Tennis**Racket skills – forehand & backhandCoordinationAiming at a target Understanding the netReturning a ball from a partnerMini matchesScoring & umpiring | **Tennis**Racket skills – forehand & backhandCoordinationAiming at a target Understanding the netReturning a ball from a partnerMini matches (including doubles & tournament play)Scoring & umpiring |
| **OAA**CoordinationSense of directionUnderstanding riskCommunication skills | **OAA**Orienteering of school and forest school siteTree climbingRisk managementLooking after a partnerCommunication and direction skills | **OAA**Orienteering of school and forest school siteTree climbingRisk managementLooking after a partnerCommunication and direction skills | **OAA**Orienteering of school and forest school site Tree climbingRisk managementLooking after a small teamCommunication and direction skills | **OAA**Peat Rigg residential | **OAA**Orienteering of school and forest school siteTree climbingRisk managementLooking after a groupLeadership and teamworkCommunication and direction skills | **OAA**Orienteering of school and forest school siteTree climbingRisk managementLooking after a groupLeadership and teamworkCommunication and direction skills |

**Sport Focus:**

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| **Autumn Term**Tag RugbyFootballMultiskillsIndoor AthleticsGymnasticsCross CountryBasketball | **Spring Term**NetballHockeySwimmingCricketFootball | **Summer**CricketOutdoor athletics / sports dayRoundersTennisGolfTag rugby (Y5) |