

| | PE | A1 | A2 | Sp1 | Sp2 | Su1 | Su2 | | | | | | |
|------------------------------|--------|---|-----------------------|-------------------------------|--------------|---------------------|-------------------|---------------------------|--|----------------|----------------|---------------------------|-----------------|
| Rec | Strand | Gymnastics | Games | Gymnastics | Games | Dance | Athletics | | | | | | |
| | Focus | Moving into spaces, listening skills, fundamental moving skills | Throwing and catching | Travelling on/over equipment. | Moving balls | | Sports Day skills | | | | | | |
| Gross motor skills - outdoor | | | | | | | | | | | | | |
| Y1 | Strand | Games | Gymnastics | Games | Dance | Games | Gymnastics | Games | Dance | Games | Healthy Heads | Games | Athletics |
| | Focus | Team games basic skills | | Throwing + catching | | Dribbling + Kicking | | Racket skills | | Batting skills | | Team games | Field and track |
| Y2 | Strand | Games | Gymnastics | Games | Dance | Healthy Heads | Gymnastics | Games | Dance | Games | Athletics | Games | Athletics |
| | Focus | Team games basic skills | | Throwing + catching | | | | Racket skills | | Batting skills | Track | Team games | Field |
| Y3 | Strand | OAA | Gymnastics | Inv games | Dance | Net wall games | Gymnastics | Inv games | Dance | Net wall games | Healthy Heads | Striking + Fielding Games | Athletics |
| | Focus | | | Rugby | | Badminton | | Netball | | Tennis | | Rounders | Field and Track |
| Y4 | Strand | | Gymnastics | | Dance | | Inv games - | | OAA | | Net wall games | Striking + Fielding Games | Athletics |
| | Focus | | | | | | Hockey / Football | | | | Tennis | Cricket/Rounders | Field and Track |
| Y5 | Strand | Gymnastics | Inv games | Healthy Heads | Dance | Net wall games | Swimming | OAA | Swimming | Swimming | Athletics | Striking + Fielding Games | Swimming |
| | Focus | | Netball | | | Badminton | | | | | Track | Cricket | |
| Y6 | Strand | Swimming | Gymnastics | Inv games | Swimming | Gymnastics | Inv games | Striking + Fielding Games | OAA - sessions to be incorporated elsewhere over year due to Healthy Heads | Net wall games | Athletics | Striking + Fielding Games | Athletics |
| | Focus | | | Basketball | | | Hockey | Cricket | | Tennis | Track | rounders | Field |