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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | Fine Motor Skills | Fundamental movement skills 1 | Object Manipulation 1 | Target Games 1 | Athletics | Striking and Fielding |
| Locomotion 1 | Locomotion 2 | Dance | Personal Challenges | Athletics (sports day) | Net and Wall |
| Year 1 | Invasion Game skills 1 | Invasion Game skills 2 | Gymnastics | Target Games 2 | Athletics | Striking and Fielding |
| Fundamental movement skills 2 | Fundamental movement skills 3 | Dance | Object Manipulation 2 | Athletics (sports day) | Net and Wall |
| Year 2 | Fundamental movement skills 2 | Personal Challenges | Gymnastics | Invasion Game skills 2 | Athletics | Striking and Fielding |
| Fundamental movement skills 3 | Invasion Game skills 2 | Dance | Target Games 3 | Athletics (sports day) | Net and Wall |
| Year 3 | Netball | OAA | Gymnastics | Basketball | Athletics | Rounders |
| Hockey | Tag Rugby | Dance | Invasion Game skills 3 | Tennis | Cricket |
| Year 4 | Netball | OAA | Gymnastics | Basketball | Athletics | Rounders |
| Hockey | Tag Rugby | Dance | Invasion Game skills 3 | Tennis | Cricket |
| Year 5 | Netball | OAA | Gymnastics | Basketball | Athletics | Rounders |
| Hockey | Team Building and problem solving | Dance | Lacrosse | Tennis | Cricket |
| Year 6 | Netball | OAA | Gymnastics | Basketball | Athletics | Rounders |
| Hockey | Team Building and problem solving | Dance | Lacrosse | Tennis | Cricket |