

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Games Invasion-throwing and catching	Gymnastics (Coach) Simple rolls, stretches, balances, shapes, copy movements, travel	Dance Travel, directions, balance, turn, shape motif, link actions together	Athletics Sports Day Practice Sprint 60m, Run 100m, Overarm/Underarm Throw, Jumping	Games Striking and fielding – Short tennis and Mini Golf	Games/OAA Invasion – Football Passing and Movement
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 3	Dance (Coach) Travel (more control) levels (speed/space) Choreograph, Explore styles of dance, perform from memory.	Games Invasion- Netball/Uni Hockey – (Pass, move, catch, dribble, space, possession)	Gymnastics Range of rolls with increased accuracy, create stretching routine, balance on points (shape), combine shapes/balances in performance, travel	Athletics Sports day practice Sprint 100m/run 200m, Javelin and push throw, Long/triple jump	Games Invasion- Football (Pass, move, catch, dribble, space, possession)	Games/OAA Striking and Fielding-Rounders – (Striking, fielding, bowling, eye contact)
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 4	Games Invasion-Rugby (Pass, move, catch, dribble, space, possession)	Games Invasion – Field Hockey (Pass, move, dribble, space, possession)	Gymnastics Range of rolls with increased accuracy, create stretching routine, balance on points (shape), combine shapes/balances in performance, travel	Athletics Sports Day practice Sprint 100m/run 200m, Javelin and push throw, Long/triple jump	Games Striking and Fielding-Cricket, Tennis/Table Tennis (Striking, fielding, forehand, backhand, move, eye contact)	OAA Orienteering (planning a route to a place on a map)
	Dance Travel (more control) levels (speed/space) Choreograph/Explore styles of dance, perform from memory.	Dance Travel (more control) levels (speed/space) Choreograph/Explore styles of dance, perform from memory.	Gymnastics See above	Athletics Sports Day practice Sprint 100m/run 200m, Javelin and push throw, Long/triple jump	Games Striking and Fielding- See above	Games Invasion - Football (Pass, move, catch, dribble, space, possession)
Year 5	Games Invasion- Basketball (Pass, move, catch, dribble, space, possession, talking, attack v defence)	Games Invasion - Field Hockey (Pass, move, dribble, space, possession, talking, attack v defence)	Games Invasion- Football (Pass, move, dribble, space, possession, talking, attack v defence)	Athletics Sports day practice Long distance running, Body shape for running, Javelin, Discuss, Shot Put, Long Jump/Triple Jump	Games Striking and Fielding-Cricket, Tennis/Table Tennis (Striking, fielding, forehand, backhand, move, eye contact)	OAA Orienteering (Planning a route to a place on a map and following it accurately)
	Games Invasion- Tag Rugby (Pass, move, catch, dribble, space, possession, talking, attack v defence)	Dance Control over movements, select own movements, develop routine, Choreograph routine (mood/style) Explore styles	Gymnastics Perform action in/out of rolls, lead stretches, range of accurate balances/shapes, create sequences at different levels, travel and balance	Gymnastics Perform action in/out of rolls, lead stretches, range of accurate balances/shapes, create sequences at different levels, travel and balance	Athletics Sports day practice Long distance running, Body shape for running, Javelin, Discuss, Shot Put, Long Jump/Triple Jump	Dance Control over movements, select own movements, develop routine, Choreograph routine (mood/style) Explore styles
Year 6	Games Invasion- Basketball (Pass, move, catch, dribble, space, possession, talking, attack v defence)	Games Invasion - Field Hockey (Pass, move, dribble, space, possession, talking, attack v defence)	Games Invasion-Rugby (Pass, move, dribble, space, possession, talking, attack v defence)	Athletics Sports day practice Long distance running, Body shape for running, Javelin, Discuss, Shot Put, Long Jump/Triple Jump	Games Striking and Fielding-Cricket, Tennis/Table Tennis (Striking, fielding, forehand, backhand, move, eye contact)	OAA
	Dance Control over movements, select own movements, develop routine, Choreograph routine (mood/style) Explore styles	Dance Control over movements, select own movements, develop routine, Choreograph routine (mood/style) Explore styles	Gymnastics Perform action in/out of rolls, lead stretches, range of accurate balances/shapes, create sequences at different levels, travel and balance	Athletics Sports day practice Long distance running, Body shape for running, Javelin, Discuss, Shot Put, Long Jump/Triple Jump	Gymnastics Perform action in/out of rolls, lead stretches, range of accurate balances/shapes, create sequences at different levels, travel and balance	Games Striking and Fielding-Rounders