

| | Autumn Term | Spring Term | Summer Term |
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| Nursery | <p>Games Start/stop finding space</p> <p>Gymnastics Explore Floor and apparatus using the body</p> | <p>Dance Explore patterns of movements which are related to music and rhythm.</p> <p>Gymnastics Actions with Balance and Coordination</p> | <p>Games Using balls in a variety of games</p> <p>Games Playing games individually and within a team</p> |
| Reception | <p>Games Locomotion & stop/start activities. Games involving using space.</p> <p>Fit to learn/Fundamentals (30 mins per week) Becoming aware, explore and discover</p> <p>Gymnastics Conditioning phrases for Simple movements and using apparatus gymnastics and floor work</p> | <p>Dance Explore travelling with expressive movement in 'Everyday Life'</p> <p>Gymnastics Simple movements developing balance and coordination</p> | <p>Games The skills of bouncing, dribbling and bat and ball games</p> <p>Games Explore and create using a range of equipment. Working well with others on individual and partner challenges.</p> |
| Y1 | <p>Games Fundamentals of throwing, catching and aiming</p> <p>Gymnastics The basics shapes of gymnastics and conditioning the body Travelling on different parts of the body</p> | <p>Dance Responding to a stimulus and developing simple movements linked to weather and seasons</p> <p>Gymnastics Travelling and body shape</p> | <p>Athletics Basic run, throw and jump activities with a focus on building fitness</p> <p>Games The skills of bouncing, dribbling and games</p> |
| Y2 | <p>Games Sending and receiving</p> <p>Gymnastics Perform a range of balance actions and link with travelling</p> | <p>Dance Develop a growing range of movements to remember and repeat short dances linked to animals and habitats</p> <p>Gymnastics Creating and repeating sequences that include a range of gymnastic actions</p> | <p>Athletics Developing stamina, moving at different speeds and an increased range of throwing and jumping actions</p> <p>Games Inventing and creating games using the basic skills</p> |

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| <p>Y3</p> | <p>Invasive games To develop a range of skills to keep possession and control through activities including football</p> <p>Gymnastics Developing short sequences and improving the quality of the actions and linking movement</p> | <p>Dance Developing imaginative responses with the stimulus of light and shadows to perform short dances with expression</p> <p>Athletics Run consistently and smoothly at different speeds and show greater control and coordination in throwing and jumping events</p> <p>Gymnastics Developing sequences and review and improve those sequences</p> | <p>Striking and fielding games Developing the basic skills of bowling, batting and fielding in cricket</p> <p>Net games Developing the basic skills of sending and receiving in tennis</p> <p>Swimming and Water Safety Build stamina and work towards swimming 25 metres. Develop a range of swimming strokes. Perform a safe self-rescue.</p> |
| <p>Y4</p> | <p>Invasive games To develop attacking and defending skills through netball and be able to think like an attacker and a defender in a game</p> <p>Gymnastics Developing different combinations of actions through the theme of flight</p> | <p>Dance Developing imaginative responses with the stimulus of river and the water cycle to explore, improvise and choose material, including the use of props, to perform longer dances</p> <p>Athletics Sustaining pace over longer distances and show increase power and control in jumping and throwing</p> <p>Outdoor Adventurous Activities Developing empathy and resilience through trust and challenge activities</p> <p>Swimming and Water Safety Continue to build stamina and work towards swimming 25 metres. Develop a range of swimming strokes. Perform a safe self-rescue.</p> | <p>Striking and fielding games To use batting and throwing skills to make a game more difficult for an opponent through cricket</p> <p>Invasive games To be able to use a range of skills at greater speed and improved fluency with a focus on hockey</p> |
| <p>Y5</p> | <p>Invasive games Use a range of different tactics to help their team be more successful with a focus on basketball</p> | <p>Athletics Improving skills with a greater focus on personal best as well as an ability to work with others such as in a relay team</p> | <p>Invasive games Developing a range of tactics to keep possession using tag rugby equipment and starting to observe the rules of the game</p> <p>Dance</p> |

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| | <p>Gymnastics Linking different combinations of actions in longer sequences incorporating changes in levels and directions</p> <p>Swimming and Water Safety Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of swimming strokes effectively Perform a safe self-rescue.</p> | <p>Striking and fielding games To work well as part of batting and a fielding team with a focus on cricket</p> <p>Outdoor Adventurous Activities To work with a partner or as part of a team to plan strategies to meet a range of different physical challenges</p> | <p>Performing specific movement patterns for different dance styles with accuracy with a focus on dances from Central America</p> <p>Net games Demonstrate a range of different strokes and understand how to direct the ball away from an opponent over a net. Focus on tennis based at the local tennis courts</p> |
| Y6 | <p>Outdoor Adventurous Activities To know how to prepare and engage in more physically and demanding outdoor adventurous activities – delivered at the Phoenix Outdoor Adventure Centre</p> <p>Invasive games Can organise team to think of ideas to be more successful both skilfully and tactically through football</p> <p>Dance Contribute fully to the choreography of a dance understanding the aesthetics and performance skills with a focus on the Lindy Hop during WW2</p> | <p>Gymnastics To determine judging criteria for their own and others gymnastic performances with a focus on counter balance and counter tension</p> <p>Invasive games Develop leadership skills of warm up, skills and tactical coaches as well as umpiring and refereeing skills with a focus on basketball</p> <p>Athletics Can organise themselves and others safely in different roles as a coach, performer and official</p> | <p>Striking and fielding games Become familiar with the rules of cricket and keep games going independently. Are able to act as a motivational and knowledgeable coach to improve performance</p> <p>Net games Can work well with a partner, adapting their play to suit their own and others strengths. Focus on tennis based at the local tennis courts</p> <p>Outdoor Adventurous Activities To work together in teams through challenging physical activities with a focus on responsibility for self and others, communication, empathy, resilience</p> <p>Read a variety of maps and plans to be able to orienteer successfully in known and unknown environments</p> |