

	Autumn Term	Spring Term	Summer Term
EYFS	<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 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 basic 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>
Y3	<p>Invasive games To develop a range of skills to keep possession and control through activities including football</p> <p>Fitness and leadership Develop leadership skills and be able to communicate effectively to lead simple warm up, cool down and fitness activities (including dance) with a partner</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>Striking and fielding games To use batting and throwing skills to make a game more difficult for an opponent through cricket</p> <p>Fitness and leadership To be able to take increased responsibility for preparing body for different types of activities with a small group</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>Gymnastics Developing different combinations of actions through the theme of flight</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>Fitness and leadership To devise and lead skills practises to help the team get better at different sports</p> <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>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>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>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 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>

<p>Y6</p>	<p>Outdoor Adventurous Activities Read a variety of maps and plans to be able to orienteer successfully in known and unknown environments To know how to prepare and engage in more physically and demanding outdoor adventurous activities</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>
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