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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | Gym – Rocking and Rolling  Movement Skills 1 | Dance – Toys  Fine Motor Skills | Dance – Nursery Rhymes  Net and Wall Game Skills 1 | Stability 2- static and dynamic balance  Gymnastics – Flight – bouncing, jumping and landing | Locomotion 1  Striking & fielding- games skills 1 | Athletics 1  Target Game 1 |
| Year 1 | Target Game 2  Gymnastics- wide, narrow & curled rolling & balancing | Invasion 1  Gymnastics- balancing & spinning on points & patches | Movement Skills2  Dance- pirates | Striking and fielding skills 1  Dance-animals (link to science) | Locomotion 2  Gymnastics- pathways: small & long | Object manipulation 1&2  Striking & fielding- games skills 2 |
| Year 2 | Target Game 3  Gymnastics- pathways: straight, zigzag & curve | Invasion 2  Gymnastics- stretching, curling & arching | Movement Skills 3  Dance- Fire of London (link to history) | Yoga  Dance- minibeasts (link to science) | Net and Wall Game Skills 2  Gymnastics- spinning, turning & twisting | Athletics 2  Tri golf (prep for Y3) |
| Year 3 | Health related fitness  Football (I) | Dance- Dance around the world  Tri-Golf | Gymnastics- linking movement together  Hockey (I) | Gymnastics- receiving body weight  Tennis (N&W) | Dance- Romans (link to history)  Rounders (S&F) | Gymnastics- symmetry & asymmetry  Athletics |
| Year 4 | Dance- Egyptians (link to history)  Health related fitness | Dance- Space (pre-teaching for UKS2 science)  Dodgeball (N&W) | Gymnastics- arching & bridging  Invasion skills 3 (I) | Swimming Year 4 | Gymnastics- partner work- pushing & pulling  Cricket (S & F) | Rounders (S&F)  Netball (I) |
| Year 5 and 6  Cycle 1  2022/2023 | Swimming (Class 10)  C8:  Dance- British Values  Health related fitness  C9:  Dance- British Values  Health related fitness | Swimming (Class 9)  C8:  Gymnastics- matching, mirroring & contrast (Y5)  Team-building & problem-solving  C10:  Dance- British Values  Health related fitness | Swimming (Class 8)  C9:  Gymnastics- matching, mirroring & contrast (Y5)  Team-building & problem-solving  C10:  Gymnastics- matching, mirroring & contrast (Y5)  Team-building & problem-solving | Gymnastics- counter-balance & counter tension (Y6)  Dodgeball (N&W) | Dance- the Haka  Cricket (S&F) | Athletics  Netball (I) |
| Year 5 and 6  Cycle 2  2023-2024 | Swimming (Class 10)  C8:  Health related fitness  Dance through the ages  C9:  Health related fitness  Dance through the ages | Swimming (Class 9)  C8:  Gymnastics- group sequencing (Y6)  Invasion skills 4  C10:  Health related fitness  Dance through the ages | Swimming (Class 8)  C9:  Gymnastics- group sequencing  Invasion skills 4  C10:  Gymnastics- group sequencing  Invasion skills 4 | Gymnastics- flight (Y6)  Tennis (N&W) | Dance- World War 2 (pre-teaching of KS3 history)  Danish longball (S&F) | Rounders (S & F)  Ultimate frisbee (I) |