

	Autumn Term		Spring Term		Summer Term	
	1 <sup>st</sup> Half	2 <sup>nd</sup> Half	1 <sup>st</sup> Half	2 <sup>nd</sup> Half	1 <sup>st</sup> Half	2 <sup>nd</sup> Half
<b>Reception</b>	In The Jungle - fundamental Skills/movement To revise skills they have already acquired: rolling • crawling • walking • jumping • running • climbing To stand on one foot. Fundamental skills – Holding and travelling	Dinosaur Dance To experiment with different ways of moving e.g. slithering, shuffling, jumping, sliding. To combine different movements with ease and fluency. Fundamental skills – Passing and receiving	Ball Skills To develop the ability to control a ball in a range of ways. To develop the ability to throw accurately at a target. To use throwing skills in a small sided game. To be able to use a bat or racket to move and control an object. To develop the ability catch and bounce a ball. To develop the ability to kick a ball. Fundamental skills - Aiming	Team Games To negotiate space successfully in racing and chasing games with others. To run skilfully, adjusting speed or direction to avoid obstacles.	Gymnastics – jumps and rolls To develop the ability to jump in a range of ways from one space to another. To control my body when jumping and balancing. To create a sequence using a jump and a balance. To develop the ability to roll in a range of ways. To control my body when rolling in a range of ways. To perform a sequence with confidence and control	Gym apparatus and Sports Day (athletics) PEGS To rise to feet without using hands. To climb confidently and begin to pull themselves up on equipment. To use a range of large and small apparatus confidently and safely. To mount stairs, steps or climbing equipment using alternate feet. To jump off an object and land appropriately. To travel with confidence and skill around, under and over balancing and climbing equipment.
<b>Year 1</b>	Gymnastics – Flight (UD)	Dance –Weather	Dance –Toy Shop	Gymnastics – Points and patches (UE)	Dance – Under the sea	Gymnastics – Traditional tales
	STITC – Fundamental skills – Throwing, catching and aiming.		Bat and ball skills	Playground games	Invasion Games – Fairground	Athletics (Sports Day)
<b>Year 2</b>	Gymnastics – parts high and parts low (Unit H)	Dance – Themed/topic related (Christmas play)	Dance-topic related-bhangra dancing	Gymnastics – Linking movements together (Unit K)	Gymnastics- spinning, twisting, turning (Unit J)	Dance
	STITC – Sending and receiving	OAA – Teamwork, Problem solving,	Games- Aiming and dribbling	Games- Attack vs defence	Games – Striking	Athletics – Sports Day
<b>Year 3</b>	<u>Swimming</u>		Gymnastics – Unit Q - Receive body weight	Dance	Gymnastics – Unit S - Rolling	Dance – KS2 Play
	Invasion Games – Netball	OAA – Team building	STITC – Invasion - Hockey	STITC - Net/Wall - Tennis	Striking - Rounders	Athletics
<b>Year 4</b>	<u>Swimming</u>		Dance - DanceFest	Gymnastics – Unit R- Balance leading into change of direction	Gymnastics – Unit P - Balance	Dance – KS2 Play
	Invasion Games – Hockey	Circuit training	STITC – OAA	STITC - Net/Wall - Tennis	Striking - Cricket	Athletics
<b>Year 5</b>	Gymnastics - Flight	Circuit training	<u>Swimming</u>		Gymnastics – Spinning and turning	Dance – KS2 Play
	Invasion Games – Tag Rugby	OAA - Orienteering	Dodgeball	Net/Wall Games - Tennis	STITC – Cricket	STITC - Athletics
<b>Year 6</b>	Gymnastics - Counter-balance and counter-tension. (Unit A)	Dance- Viking topic	<u>Swimming</u>		Gymnastics -	Dance – KS2 Play
	Invasion Games – Netball / Basketball	OAA – Orienteering (Compass skills)	Gymnastics- Partner work-matching/mirroring/synchronisation and canon. (Units X and Y)	Net/Wall Games - Tennis	STITC – Rounders	STITC - Athletics