

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Dance - nursery rhymes	Fundamentals - balance	Fundamentals - locomotion	Fundamentals -movement 1	Gymnastics - parts high and part low Fundamentals -movement 2	Gymnastics - travelling, stopping, making shapes Fundamentals - Target games 1
Reception	Dance nursery rhymes Fundamentals - balance	Gymnastics - rocking and rolling Fundamentals - locomotion	Gymnastics - flight - bouncing, jumping and landing. Fundamentals -movement 1	Fundamentals -movement 2 Fundamentals - Net and wall game skills 1	Fundamentals - striking and fielding game skills 1 Fundamentals - invasions games 1	Dance - jungle Fundamentals - Target games 1
Year 1	Gymnastics - Balancing and spinning on point and patches Games - movement 1	Gymnastics -wide, narrow and curled rolling and balancing Games - movement 2	Dance - animals Games - net and wall games skill 1	Gymnastics - Pathways small and long Games - striking and fielding game 1	Athletics Games - invasion game skills 1	Games - target games 2 Games - Movement skills 3
Year 2	Dance - Great fire of London Games - Movement skills 2	Gymnastics - pathways: straight, zipzag and curving Games - Movement skills 3	Dance - mini-beasts Games net and wall games skills 2	Gymnastics - spinning, turning and twisting Games - striking and fielding 2	Athletics Games - invasion games 2	Gymnastics- stretching, curling and arching. Games - target games 3
Year 3	Gymnastics - linking movements together Games - Invasion games hockey	Gymnastics - receiving body weight Games- invasion game - football	Gymnastics - symmetry and asymmetry (partners) Games- net and wall games dodgeball	OOA Games - striking and fielding Cricket	Swimming Athletics	Swimming Dance - dance around the world
Year 4	Swimming Dance - Egyptians	Swimming Gymnastics - arching and bridges	Swimming Games - Invasion game - Tag rugby	Swimming Games - Net and wall games- badminton	Athletics Gymnastics - partner work, pushing and pulling	Gymnastics - rolling and travelling low Games- striking and fielding Rounder's
Year 5	Dance WW 2(cycle A) Health related fitness (cycle b) Games - invasion games - Flag Football	Dance - British values (cycle b) Leadership (cycle a) Games - net and wall games volleyball	Gymnastics - matching, mirroring and contrast Games - invasion games, Netball	Gymnastics - partner work, under and over OAA	Athletics Gymnastics - synchronisation and canon	Games - Striking and fielding Danish Longball Teambuilding and problem solving
Year 6	Dance WW 2(cycle A) Health related fitness (cycle b) Games - Invasion handball	Dance - British values (cycle b) Leadership (cycle a) Games - net and wall games tennis	Gymnastics - counter balance and counter tension Games - invasion - tag rugby	Gymnastics - flight Games- striking and fielding Rounder's	Athletics Games - striking and fielding cricket	OAA Gymnastics - group sequencing