Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Invasion Games- Rugby basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending	Invasion Games – Football (Premier Sport) basic movements including running as well as developing balance, agility and co- ordination, team games, developing simple tactics for attacking and defending	Netball basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending	Hockey (Premier Sport) basic movements including running as well as developing balance, agility and co- ordination, team games, developing simple tactics for attacking and defending	Athletics basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending	Athletics (Premier Sport) basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending
	Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using simple movement patterns	Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using simple movement patterns	Country Dancing (linked to Our Country Topic) basic movements including running, jumping, as well as developing balance, agility and co-ordination, perform dances using simple movement patterns	Country Dance (linked to Our Country Topic) basic movements including running, jumping, as well as developing balance, agility and co-ordination, perform dances using simple movement patterns	Cricket basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending	Tennis basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending
Year 2	Invasion Games- Rugby (Premier Sport) basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and	Invasion Games – Football basic movements including running as well as developing balance, agility and co- ordination, team games, developing simple tactics for attacking and defending	Netball (Premier Sport) basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and	Hockey basic movements including running as well as developing balance, agility and coordination, team games, developing simple tactics for attacking and defending Traditional Chinese Dance	Athletics (Premier Sport) basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and	Athletics basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending
	Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using	Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using simple movement patterns	defending Traditional Chinese Dance (linked to Our Let's Go China Topic) basic movements including running, jumping, as well as developing balance, agility	(linked to Our Let's Go China Topic) basic movements including running, jumping, as well as developing balance, agility and co-ordination, perform dances using simple movement patterns	defending Cricket basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team	Tennis basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple

Year 3 Premier Sport Running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Natural Disasters Themed Dance (linked to Extreme Earth Topic) Use, jumping in isolation and in combination, develop flexibility, strength, technique, perform dances using a range of movement patterns. compare their performances with previous ones Invasion Games (Premier Sport) Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Natural Disasters Themed Dance (linked to Extreme Earth Topic) Use, jumping in isolation and in combination, develop flexibility, strength, technique, perform dances using a range of movement patterns. compare their performances with previous ones with previous ones Invasion Games (Premier Sport) Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones Invasion Games (Premier Sport) Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones Use, jumping in isolation and in combination, develop flexibility,	running, thr catching, play games, deve strength, techn	Inning, throwing and ching, play competitive (Premier Sport) Running, play competitive				Athletics
Invasion Games (Premier Sport) Running, play running, throwing and catching, play develop flexibility, catching, play competitive games, catching, play develop flexibility, catching, play competitive games, catching, play develop flexibility, catching, play develop flexibility, catching, play develop flexibility, catching, play develop flexibility, catching, play competitive games, catching, play catching, play catching, play competitive games, catching, play catchi	Year 3 Natural Disas Dance (linker Earth Use, jumping in in combinati flexibility, streng perform dances of movemen compare their	strength, technique, compare their performances with previous ones Iral Disasters Themed ce (linked to Extreme Earth Topic) jumping in isolation and combination, develop lity, strength, technique, m dances using a range movement patterns. pare their performances strength, technique, compare their performances with previous ones Natural Disasters Themed Dance (linked to Extreme Earth Topic) Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones	running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances	(Premier Sport) Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances	running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Cricket running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with	(Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Tennis running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Sports Theme Week: Steve
Year 4 develop flexibility, strength, technique, compare their performances with previous ones Swimming Swimming Swimming Swimming develop flexibility, strength, technique, compare their performances with previous ones Swimming Swimming develop flexibility, strength, technique, compare their performances with previous ones Swimming Swimming Sw	(Premie running, the catchin competitive develop for strength, to compar performal	Premier Sport) ning, throwing and catching, play mpetitive games, evelop flexibility, ength, technique, compare their erformances with previous ones Swimming Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Swimming Swimming Swim competently, confidently and	(Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Gymnastics	Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Gymnastics Use, jumping in isolation and in combination, develop	(Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Greek Dance (linked to our Ancient Greece	Athletics running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Greek Dance (linked to our Ancient Greece Topic)

	strokes effectively, perform safe self-rescue		their performances with previous ones		flexibility, strength, technique, perform dances using a range of movement patterns. compare their performances with previous ones	technique, perform dances using a range of movement patterns. compare their performances with previous ones Outdoor Activities: Mobile Caving and Climbing (2 Year cycle). Orienteering Theme Week: Dame Kelly Holmes
Year 5	Invasion Games- Rugby (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Egyptian Dance (linked to our Ancient Civilisations Topic) Use, jumping in isolation and in combination, develop flexibility, strength, technique, perform dances using a range of movement patterns. compare their performances with previous ones	Invasion Games- Football running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Egyptian Dance (linked to our Ancient Civilisations Topic) Use, jumping in isolation and in combination, develop flexibility, strength, technique, perform dances using a range of movement patterns. compare their performances with previous ones	Invasion Games- Netball (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones	Invasion Games- Hockey running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones	Athletics (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Cricket running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones	Athletics running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones Tennis running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones
Year 6	Invasion Games- Rugby (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with	Invasion Games- Football running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones	Invasion Games- Netball (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with	Invasion Games- Hockey running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones	Athletics (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with	Athletics running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones

	previous ones	Gymnastics	previous ones		previous ones	
	Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones	Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones	Dance (The Jive – linked to Our WW2 topic) Use, jumping in isolation and in combination, develop flexibility, strength, technique, perform dances using a range of movement patterns. compare their performances	Dance (The Jive – linked to Our WW2 topic) Use, jumping in isolation and in combination, develop flexibility, strength, technique, perform dances using a range of movement patterns. compare their performances with previous ones	Cricket running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones	Tennis running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones
			with previous ones			