

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	<p>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</p> <p>Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using simple movement patterns</p>	<p>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</p> <p>Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using simple movement patterns</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p>
Year 2	<p>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 defending</p> <p>Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using</p>	<p>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</p> <p>Gymnastics basic movements including running, jumping, as well as developing balance, agility and co-ordination, using simple movement patterns</p>	<p>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 defending</p> <p>Traditional Chinese Dance (linked to Our Let's Go China Topic) basic movements including running, jumping, as well as developing balance, agility</p>	<p>Hockey basic movements including running as well as developing balance, agility and co-ordination, team games, developing simple tactics for attacking and defending</p> <p>Traditional Chinese Dance (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</p>	<p>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</p> <p>Cricket basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team</p>	<p>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</p> <p>Tennis basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, team games, developing simple</p>

	simple movement patterns		and co-ordination, perform dances using simple movement patterns		games, developing simple tactics for attacking and defending	tactics for attacking and defending
Year 3	<p>Invasion Games- Rugby running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>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</p>	<p>Invasion Games- Football (Premier Sport) Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>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</p>	<p>Invasion Games- Netball running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones</p>	<p>Invasion Games- Hockey (Premier Sport) Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones</p>	<p>Athletics running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Cricket running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p>	<p>Athletics (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Tennis running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Sports Theme Week: Steve Redgrave</p>
Year 4	<p>Invasion Games (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of</p>	<p>Invasion Games Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively, perform safe self-rescue</p>	<p>Multi Skills (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare</p>	<p>Multi Skills Running, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones</p>	<p>Athletics (Premier Sport) running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Greek Dance (linked to our Ancient Greece Topic) Use, jumping in isolation and in combination, develop</p>	<p>Athletics running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p> <p>Greek Dance (linked to our Ancient Greece Topic) Use, jumping in isolation and in combination, develop flexibility, strength,</p>

	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

	<p>previous ones</p> <p>Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones</p>	<p>Gymnastics Use, jumping in isolation and in combination, develop flexibility, strength, technique, compare their performances with previous ones</p>	<p>previous ones</p> <p>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</p>	<p>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</p>	<p>previous ones</p> <p>Cricket running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p>	<p>Tennis running, throwing and catching, play competitive games, develop flexibility, strength, technique, compare their performances with previous ones</p>
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