



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Throwing and catching (Multi skills)	Games, activities, movement & special awareness (Multi skills)	Gymnastics: Travelling (Circuit)	Tag Games (Invasion games)	Athletics: Running, Jumping, Throwing, (Athletics)	Games, activities, movement & special awareness (Multi skills)
Year 1	Using your feet (Multi-skills)	Gymnastics: Travelling (Aesthetics)	Gymnastics: Body Shape (Prep Skills) (Aesthetics)	Three Tees Cricket (Striking and Fielding)	Athletics: Moving Quickly (Athletics)	Fun Fitness (Health Related Fitness) Orienteering (OAA)
Year 2	Racquet Skills (Multi-Skills)	Target Games (Target Games)	Gymnastics: Turn, Spin, Twist (Aesthetics)	Hero Wars (Invasion Games)	Athletics: Sending (Athletics)	Striking and Fielding Concepts (Striking and Fielding)
Year 3	Football (Invasion Games)	Gymnastics: Balance, Mirror and Matching (Aesthetics)	Sitting Volleyball (Net/Wall)	Netball (Invasion Games)	Athletics: Track Events (Athletics)	Orienteering (OAA)
Year 4	Hockey (Invasion Games)	Ultimate Dodgeball (Target Games)	Gymnastics: Developing Rotation (Aesthetics)	Tchoukball (Net/Wall)	Athletics: Field Events (Athletics)	Tee Ball (Striking and Fielding)
Year 5	Football (Invasion Games)	Volleyball (Net/Wall)	Gymnastics: Inversion (Aesthetics)	Tennis (Net/Wall)	Athletics: Track Events (Athletics)	Kwik Cricket (Striking and Fielding) Orienteering (OAA)
Year 6	Basketball (Invasion Games)	Dodgeball (Target Games)	Gymnastics: Flight (Aesthetics)	Badminton (Net/Wall)	Athletics: Field Events (Athletics)	Rounders (Striking and Fielding)