

4-7 Years (Reception and Key Stage 1)

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Gymnastics					Dance	Games	Athletics
YEAR	UNIT 1	UNIT 2	UNIT 3	UNIT 4			
4-5 Years (Reception)	Introductory Unit	A: Travelling	B: Stretching & Curling	C: Travelling taking weight on different body parts	Body awareness, co-ordination, mobility, balance & spatial awareness	Basic equipment handling skills	NA
5-6 Years (Year 1)	D: Flight – bouncing, jumping, landing	E: Points & Patches	F: Rocking & Rolling	G: Wide, narrow, curled	Acquire & develop specific skills to perform dances with simple movement patterns	Ball / bat skills & partner work	Exploring & developing basics of running, jumping, throwing
6-7 Years (Year 2)	H: Parts high, parts low	I: Pathways: straight, zig-zag, curving	J: Spinning, turning, twisting	K: Linking movements together		Introducing competitive games	

8-11 Years (Key Stage 2)							
Gymnastics					Dance	Games	Athletics
YEAR	UNIT 1	UNIT 2	UNIT 3	UNIT 4			
7-8 Years (Year 3)	L: Stretching & Curling	M: Symmetry & Asymmetry	N: Pathways	O: Travelling with change of face & direction	Create & perform dances with quality, control & accuracy	Developing skills into competitive situations: <ul style="list-style-type: none"> • Net / wall games • Invasion games • Striking / fielding 	Developing co-ordination and control of running, jumping, throwing
8-9 Years (Year 4)	P: Balance	Q: Receiving body weight	R: Balance leading into change of face & direction	S: Rolling			
9-10 Years (Year 5)	T: Bridges	U: Flight	V: Functional use of limbs	W: Turning & spinning	Create & perform dances with increasing quality, control & accuracy	Performing skills with confidence, control and accuracy.	Developing precision, control and fluency of running, jumping, throwing
10-11 Years (Year 6)	X: Matching & mirroring	Y: Synchronisation & canon	Z: Holes & Barriers	AA: Counter-balance, Counter tension			