

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Throwing & Catching	Throwing & Catching	Exploring Movement	Exploring Movement	Athletics	Striking & Fielding
Year 1	Dance To create and perform short dances based on Dinosaurs.	Net & Wall Games Learning ball skills to play a competitive game.	Gymnastics Stretching and Curling In Sequence.	KS1 Ball Games Learning Different Methods to Control a Ball to Play a Game.	Athletics Developing Techniques in Speed, Throwing and Jumping.	Athletics Striking/Fielding Integrating Throwing and Speed Techniques into a game.
Year 2	Dance To create and perform short dances based on Dinosaurs.	Net & Wall Games Learning ball skills to play a competitive game.	Gymnastics Stretching and Curling In Sequence.	KS1 Ball Games Learning Different Methods to Control a Ball to Play a Game.	Athletics Developing Techniques in Speed, Throwing and Jumping.	Athletics Striking/Fielding Integrating Throwing and Speed Techniques into a game.
Year 3	Gymnastics Perform and Name 4 Different Jumps. Link in Physical Literacy Skills to performance. Dance Rock n Roll, Develop Movement Vocabulary and Motifs Jumping, Landing and Rolling in Sequence.	Hockey Develop Dribbling, Passing, Receiving, Attacking and Defending the Ball Whilst Holding the Stick Correctly.	Football Develop Ways to Travel with a Ball, Tackle and Keep Possession.	Basketball Develop Ways to Dribble with a Ball, Attack, Defend and Pass. Apply these Skills to Play a Game.	Athletics Apply speed techniques into relay races. Develop coordination for different types of jump. Develop accuracy in throwing techniques. Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality. All Children to Swim 25m Unaided.	Tennis Develop Skills in Serving and Returning, Rallying, Points and Scoring with the Ability to Play a Mini Tennis Match of Some Description. Striking/Fielding Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality. All Children to Swim 25m Unaided.
Year 4	Gymnastics Perform and Name 4 Different Jumps. Link in Physical Literacy Skills to performance. Dance Rock n Roll, Develop Movement Vocabulary and Motifs Jumping, Landing and Rolling in Sequence. Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality. All Children to Swim 25m Unaided.	Hockey Develop Dribbling, Passing, Receiving, Attacking and Defending the Ball Whilst Holding the Stick Correctly. Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality. All Children to Swim 25m Unaided.	Football Develop Ways to Travel with a Ball, Tackle and Keep Possession.	Basketball Develop Ways to Dribble with a Ball, Attack, Defend and Pass. Apply these Skills to Play a Game.	Athletics Apply speed techniques into relay races. Develop coordination for different types of jump. Develop accuracy in throwing techniques.	Tennis Develop Skills in Serving and Returning, Rallying, Points and Scoring with the Ability to Play a Mini Tennis Match of Some Description. Striking/Fielding

<p>Year 5</p>	<p>Gymnastics Develop Physical Literacy Skills in Sequencing With a Partner.</p> <p>Dance Develop Dance Motif's Using a Range of Stimulus.</p> <p>Develop</p> <p>½ Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality.</p> <p>All Children to Swim 25m Unaided.</p>	<p>Football Input previous skills learnt into a game situation. Create scoring opportunities for teammates.</p> <p>½ Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality.</p> <p>All Children to Swim 25m Unaided.</p>	<p>Hockey Pass and Receive the Ball Accurately at Speed. Select the Best Ways to Attack and Defend in a Game Situation.</p> <p>Tag Rugby Develop Throwing a Ball whilst travelling with Accuracy and Backwards Through a Line of Players, Develop and apply the Best ways of Attack and Defence in a Mini Game.</p>	<p>Basketball Develop Physical Literacy Skills by Identifying Strengths and Weaknesses in Areas of Development. Play a 5 A Side Game Using Skills Learnt.</p> <p>Netball Learn and Apply the Footwork Rule, Learn 3 Types of Passing, Positions Within High 5 Netball, Develop Physical Literacy Skills in Demonstration and Self Evaluation and Peer Evaluation.</p>	<p>Athletics Develop Sprinting Technique into Circular Relay, Sustain Exercise to Improve Stamina, Control and Rhythm, Demonstrate Appropriate Body Position for Throwing Greater Distances, and Improve Distance from Take-Off to Landing in One Jump.</p> <p>½ Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality.</p> <p>All Children to Swim 25m Unaided.</p>	<p>Tennis Develop Skills in Serving and Returning, Rallying, Points and Scoring with the Ability to Play a Mini Tennis Match of Some Description.</p> <p>½ Swimming Consolidate Existing Skills and Gain New ones. Perform Actions and Skills with More Consistent Control and Quality.</p> <p>All Children to Swim 25m Unaided.</p>
<p>Year 6</p>	<p>Gymnastics Develop Physical Literacy Skills in Sequencing With a Partner.</p> <p>Dance Develop Dance Motif's Using a Range of Stimulus.</p> <p>Develop</p>	<p>Football Input previous skills learnt into a game situation. Create scoring opportunities for teammates.</p>	<p>Hockey Pass and Receive the Ball Accurately at Speed. Select the Best Ways to Attack and Defend in a Game Situation.</p> <p>Tag Rugby Develop Throwing a Ball whilst travelling with Accuracy and Backwards Through a Line of Players, Develop and apply the Best ways of Attack and Defence in a Mini Game.</p>	<p>Basketball Develop Physical Literacy Skills by Identifying Strengths and Weaknesses in Areas of Development. Play a 5 A Side Game Using Skills Learnt.</p> <p>Netball Learn and Apply the Footwork Rule, Learn 3 Types of Passing, Positions Within High 5 Netball, Develop Physical Literacy Skills in Demonstration and Self Evaluation and Peer Evaluation.</p>	<p>Athletics Develop Sprinting Technique into Circular Relay, Sustain Exercise to Improve Stamina, Control and Rhythm, Demonstrate Appropriate Body Position for Throwing Greater Distances, and Improve Distance from Take-Off to Landing in One Jump.</p>	<p>Tennis Develop Skills in Serving and Returning, Rallying, Points and Scoring with the Ability to Play a Mini Tennis Match of Some Description.</p> <p>Swimming Any Year 6's Who Cannot Swim 25m Must Attend</p>
<p>After school Sports Clubs</p>	<p>Running Netball Football Go Active Dance</p>	<p>Running Netball Football Go Active Dance</p>	<p>Running Hockey Multi Skills Netball Circus Skills Go Active Football KS1/KS2</p>	<p>Running Hockey Multi Skills Netball Circus Skills Go Active Football KS1/KS2</p>	<p>Surf Club Athletics Cricket Ultimate Frisbee Multi Skills Go Active Rounders</p>	<p>Surf Club Athletics Cricket Ultimate Frisbee Multi Skills Go Active Rounders</p>

