

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking and Jumping		Ball Skills Hands 1		Gymnastics: High, Low, Over, Under		Dance Nursery Rhymes		Ball Skills Feet		Games For Understanding	
Year 1	Locomotion: Running	Gymnastics: Wide, Narrow, Curled	Ball Skills Hands 1	Dance: Growing	Ball Skills Feet	Gymnastics: Body Parts	Ball Skills Hands 2	Dance: The Zoo	Locomotion: Jumping	Games For Understanding	Team Building	Health and Wellbeing
Year 2	Locomotion: Dodging	Dance: Explorers	Ball Skills Hands 1	Gymnastics: Linking	Ball Skills Feet	Dance: Water	Ball Skills Hands 2	Gymnastics: Pathways	Locomotion: Jumping	Games for Understanding	Team Building	Health and Wellbeing

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 3	Invasion: Tag Rugby	Circuit Training & Sports Hall Athletics	Invasion: Football /Futsal	Gymnastics: Symmetry & Asymmetry	Invasion: Netball	Dance: Weather	Invasion: Basketball	Net / Wall Dodgeball & Benchball	Net / Wall Tennis	Athletics Quad Kids	Invasion: Unihoc	Striking & Fielding Cricket
Year 4	Invasion: Tag Rugby	Circuit Training & Sports Hall Athletics	Invasion: Football /Futsal	Gymnastics: Bridges	Invasion: Netball	Dance: Space	Invasion: Basketball	Net / Wall Dodgeball & Benchball	Net / Wall Tennis	Athletics Quad Kids	Invasion: Unihoc	Striking & Fielding Cricket
Year 5	Invasion: Tag Rugby	Circuit Training & Sports Hall Athletics	Invasion: Football /Futsal	Dance: Country Dancing	Invasion: Netball	Gymnastics: Counter Balance and Counter Tension	Invasion: Basketball	Net / Wall Dodgeball & Benchball	Striking & Fielding Rounders	Athletics Quad Kids	Striking & Fielding Cricket	Sports Leadership
Year 6	Invasion: Tag Rugby	Circuit Training & Sports Hall Athletics	Invasion: Football /Futsal	Gymnastics: Matching & Mirroring	Invasion: Netball	Net / Wall Dodgeball & Benchball	Invasion: Basketball	Dance: Titanic	Striking & Fielding Rounders	Athletics Quad Kids	Striking & Fielding Cricket	OAA

* Benchball and Dodgeball are taught at various times throughout the year when weather limitations dictate that lessons must take place inside.