



Year A

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS N/REC	<p><b>Best of Balls</b></p> <p>Ball Skills Agility Balance and Coordination</p>	<p><b>Dance till you drop</b></p> <p>Dance Perform basic dances using simple movement patterns Agility Balance and Coordination</p>	<p><b>Gym in the Jungle</b></p> <p>Gymnastics Agility Balance and Coordination</p>	<p><b>Easter Bunny</b></p> <p>Games Attacking and Defending</p>	<p><b>Pirate Fitness</b></p> <p>Fitness and stamina Agility and Co-ordination</p> <p><b>The Olympics</b> Athletics Running, jumping, throwing, catching</p>	<p><b>The Olympics</b></p> <p>Athletics Running, jumping, throwing, catching</p>
	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/ Outdoor Area
KS1 YEAR 1/2	<p><b>Multi-skills: Bat and Ball</b></p> <p>Agility Balance and Coordination</p> <p><b>Dance: Seasons</b> Perform basic dances and sequences in pairs and groups</p>	<p><b>Dance: Starry Skies</b> Perform basic dances using simple movement patterns Agility Balance and Coordination</p> <p><b>Yoga: Salute to the Sun</b> Performing Yoga poses and transitions to create a sequence</p>	<p><b>Invasion Games</b> Attacking and Defending</p> <p><b>Gymnastics: Animals</b> Travelling at different speeds and levels</p>	<p><b>Gymnastics: Traditional Tales</b> Agility Balance and Coordination</p> <p><b>Fundamental Skills: Easter</b></p>	<p><b>Running and Jumping &amp; Throwing and Catching</b> Running, jumping, throwing and catching</p> <p><b>Attacking and Defending</b> Dodging, marking, space and precision passing</p>	<p><b>Sports Day &amp; Athletics</b> Throwing, catching, running,</p> <p><b>Circuit Training</b> Moving in different ways around objects, balance and co-ordination, move with control</p>
	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School
LKS2 YEAR 3/4	<p><b>Invasion Games: Football</b></p> <p>Play competitive games attacking/defending</p>	<p><b>Gymnastics: Movement</b> Developing flexibility, strength and control,</p>	<p><b>Rainforest/Extreme Earth Dance</b> Perform dances using a range of movement patterns</p>	<p><b>Net and Wall Games: Fundamentals</b> Throwing and Catching, using a racket effectively</p>	<p><b>Striking and Fielding: Fundamentals</b> Develop flexibility, strength, technique, control and balance</p>	<p><b>Athletics</b> Throwing, catching, running Play competitive games</p>

	<p><b>Swimming</b> Develop fitness, improving strength, stamina and flexibility</p>	<p>Develop fitness, improving strength, stamina and flexibility</p> <p><b>Swimming</b> Develop fitness, improving strength, stamina and flexibility</p>	<p><b>Invasion Games: Hockey (Y4 unit)</b> Play competitive games attacking/defending</p>	<p><b>Circuit Training</b> Develop fitness improving strength</p>	<p>Play competitive games Striking/fielding</p> <p><b>OAA</b> To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Striking and Fielding</b> Develop flexibility, strength, technique, control and balance Play competitive games striking/fielding</p>
	<p>Forest School</p> <p>Archery (Lunch club)</p>	<p>Forest School</p> <p>Curling (Lunch club)</p>	<p>Forest School</p> <p>Tag Rugby (Lunch Club)</p>	<p>Forest School</p> <p>Cricket (Lunch Club)</p>	<p>Forest School</p> <p>Lunch club- Quick cricket</p>	<p>Forest School</p> <p>Lunch Club- Heptathlon Activities</p>
UKS2 YEAR 5/6	<p><b>Invasion Games: Football</b> Throwing, catching communication skills</p> <p><b>Gymnastics:Space Shape and balance</b> Linking movements and performance.</p>	<p><b>Gymnastics: Movement</b> Perform dances using a range of movement patterns</p> <p><b>Dance: Eco Dance</b> use spatial awareness, understanding of timing in dance, creating lines and shapes with their bodies.</p>	<p><b>Dance: WW2</b> Develop fitness, improve strength stamina and flexibility</p> <p><b>Invasion Games: Basketball</b> Play competitive games attacking/defending</p>	<p><b>Net and Wall Games: Tennis</b> Throwing, catching communication skills</p> <p><b>Circuit Training</b> Develop fitness improving strength</p>	<p><b>Striking and Fielding: Rounders</b> Develop flexibility, strength, technique, control and balance Play competitive games Striking/fielding</p> <p><b>Athletics</b> Develop flexibility strength, technique, control and balance Play competitive Games</p>	<p><b>Athletics</b> Develop flexibility strength, technique, control and balance Play competitive Games</p> <p><b>OAA</b> To take part in outdoor and adventurous activity challenges both individually and within a team</p>
	<p>Forest School</p> <p>Archery (Lunch club)</p>	<p>Forest School</p> <p>Curling (Lunch club)</p>	<p>Forest School</p> <p>Tag Rugby (Lunch Club)</p>	<p>Forest School</p> <p>Cricket (Lunch Club)</p>	<p>Forest School</p> <p>Lunch club-Quick Cricket</p>	<p>Forest School</p> <p>Lunch club- heptathlon Activities</p>

YEAR B

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS N/R	<b>Best of Balls</b> Ball Skills Agility Balance and Coordination	<b>Dance Dinosaurs</b> Dance Perform basic dances using simple movement patterns Agility Balance and Coordination	<b>Gymnastics Jumping Jacks and Rock and Roll</b> Gymnastics Agility Balance and Coordination	<b>Easter Bunny</b> Games Attacking and Defending	<b>Pirate Fitness</b> Fitness and stamina Agility and Co-ordination <b>The Olympics</b> Athletics Running, jumping, throwing, catching	<b>The Olympics</b> Athletics Running, jumping, throwing, catching
	<b>Outdoor Activities-Forest School/Outdoor Area</b>	<b>Outdoor Activities-Forest School/Outdoor Area</b>	<b>Outdoor Activities-Forest School/Outdoor Area</b>	<b>Outdoor Activities-Forest School/Outdoor Area</b>	<b>Outdoor Activities-Forest School/Outdoor Area</b>	<b>Outdoor Activities-Forest School/Outdoor Area</b>
KS1 Years 1 and 2	<b>Multi-skills: Bat and Ball</b> Agility Balance and Coordination  <b>Dance: Toys</b> Speed, weight and size of movements	<b>Dance: The Gunpowder Plot</b> Perform basic dances using simple movement patterns Agility Balance and Coordination  <b>Fundamental Skills: Christmas</b>	<b>Gymnastics: Under the Sea</b> Agility Balance and Coordination and jumping  <b>Attacking and Defending</b> Dodging, marking, space and precision passing	<b>Invasion Games</b> Attacking and Defending  <b>Gymnastics: Landscapes and Cityscapes</b> Rolls	<b>Running and Jumping (Yr 1 Topic) &amp; Throwing and Catching</b> Athletics Running, jumping, throwing and catching  <b>Multi-skills Target Games</b> Rolling, throwing, moving, kicking skills	<b>Animal Olympics &amp; Athletics</b> Throwing, catching, running.  <b>Circuit Training</b> Moving in different ways around objects, balance and co-ordination, move with control
	<b>Forest School</b>  <b>Archery (Lunch club)</b>	<b>Forest School</b>  <b>Curling (Lunch club)</b>	<b>Forest School</b>  <b>Tag Rugby (Lunch Club)</b>	<b>Forest School</b>  <b>Cricket (Lunch Club)</b>	<b>Forest School</b>  <b>Rounders (Lunch Club)</b>	<b>Forest School</b>  <b>Heptathlon Activities (Lunch Club)</b>

<p>LKS2 YEARS 3 &amp; 4</p>	<p><b>Invasion Games:Tag Rugby</b> Play competitive games attacking/defending</p> <p><b>Swimming</b> Develop fitness, improving strength, stamina and flexibility</p>	<p><b>Dance: Romans Dance</b> Perform dances using a range of movement patterns</p> <p><b>Swimming</b> Develop fitness, improving strength, stamina and flexibility</p>	<p><b>Gymnastics Shape and balance Ancient Egypt</b> Developing flexibility, strength and control, Develop fitness, improving strength, stamina and flexibility.</p> <p><b>Invasion Games: Universal Skills.</b></p>	<p><b>Net and Wall Games: Netball</b> Throwing and Catching, using a racket effectively</p> <p><b>Gymnastics Shape and balance Ancient Egypt</b> Developing flexibility, strength and control, Develop fitness, improving strength, stamina and flexibility.</p> <p><b>Circuit Training</b> Develop fitness improving strength.</p>	<p><b>Striking and Fielding: Cricket</b> Develop flexibility, strength, technique, control and balance Play competitive games Striking/fielding</p> <p><b>OAA</b> To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Athletics</b> Throwing, catching, running Play competitive games</p> <p><b>Trigolf</b> Develop flexibility, strength, technique, control and balance</p>
	<p><b>Forest School</b></p> <p><b>Archery (Lunch club)</b></p>	<p><b>Forest School</b></p> <p><b>Curling (Lunch club)</b></p>	<p><b>Forest School</b></p> <p><b>Tag Rugby (Lunch Club)</b></p>	<p><b>Forest School</b></p> <p><b>Cricket (Lunch Club)</b></p>	<p><b>Forest School</b></p> <p><b>Rounders (Lunch Club)</b></p>	<p><b>Forest School</b></p> <p><b>Heptathlon Activities (Lunch Club)</b></p>
<p>UKS2 YEARS 5 &amp; 6</p>	<p><b>Invasion Games</b> Throwing, catching communication skills</p> <p><b>Gymnastics: Movement</b> Develop fitness, improve strength stamina and flexibility</p>	<p><b>Gymnastics: Shape and Balance</b></p> <p><b>Dance: Through the decades dance</b> using characteristics and elements of particular dance styles to develop their own dances</p>	<p><b>Dance: Chinese New Year and Lunar New Year</b> Perform dances using a range of movement patterns</p> <p><b>Invasion Games- Hockey</b> Play competitive games attacking/defending</p>	<p><b>Net and Wall Games: Netball</b> Throwing, catching communication skills</p> <p><b>Circuit Training</b> Develop fitness improving strength</p>	<p><b>Striking and Fielding</b> Develop flexibility, strength, technique, control and balance Play competitive games Striking/fielding</p> <p><b>Athletics</b> Develop flexibility strength, technique, control and balance Play competitive Games</p>	<p><b>Athletics</b> Develop flexibility strength, technique, control and balance Play competitive Games</p> <p><b>OAA</b> To take part in outdoor and adventurous activity challenges both individually and within a team</p>

		with similar specific styles.				
	Forest School	Forest School	Forest School	Forest School	Forest School	Forest School
	Archery (Lunch club)	Curling (Lunch club)	Tag Rugby (Lunch Club)	Cricket (Lunch Club)	Rounders (Lunch Club)	Heptathlon Activities (Lunch Club)