

Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Games for Understanding - Turn taking/keeping score	Hands 1 – pushing, rolling, bouncing.	Feet 1 – Exploring the ball using feet, dribbling.	Movement - with words and music Hands 2 – throwing overarm	High, Low and Under – Exploring apparatus Walking in different pathways	Jumping – develop jumping and playing in a game Rackets, Bats and balloons
Year 1	Games for Understanding Turn taking/keeping score	Feet 1 – Using a ball to dribble, roll and pass	The Zoo – Animal movements Moving in sequence and using body parts	Jumping Jumping for distance/hopping Hands 2 – Overarm and underarm	Wide, narrow, curled Introduction to high, low and under Team Building	Running Explore marching, walking, running Health and Wellbeing
Year 2	Team Building – teamwork and communication Hands 1 – Bouncing with control, passing and dribbling	Feet 1 – Dribbling, passing scoring. Explorers – expression and sequences	Health and Wellbeing – agility and balance Games- attacking and defending	Dodging a Running - at different speeds	Jumping 1 – skipping Hands 2 – Throwing with accuracy	Exploring expression and characterisation Rackets, Bats and Balls
Year 3	Symmetry & Asymmetry Communication and Tactics	Wild Animals – expression and emotion Hockey	Weather – characters and expression Basketball	Dodgeball Problem Solving	Throwing and Jumping Rounders	Running Orienteering
Year 4	Orienteering Problem Solving	Space – theme dances and motifs Cricket	Mindfulness – relaxation techniques Tennis	Football Hockey	Tag Rugby Athletics	Netball Handball
Year 5	Counter Tension and balance – bridges Basketball	Street Art – Sequences of movement Handball	The Circus – Partner work Dodgeball	Problem Solving Orienteering Football	Athletics Tennis	Cricket Badminton
Year 6	Carnival – improvisation Leadership	Creating sequences use of apparatus Dodgeball	Prejudice – characterisation Netball	Tag Rugby Matching and Mirroring	Basketball Hockey	Quidditch Athletics