

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	<ul style="list-style-type: none"> - Understand the importance of good health & hygiene - Understand the importance of exercise 	<ul style="list-style-type: none"> - Travelling safely - Balance in motion - Jumping from a height & landing safely - Hand-eye coordination 	<ul style="list-style-type: none"> - Expressive movement - Movement through games (chasing/hiding) - Static balance 	<ul style="list-style-type: none"> - Movement through dance - Ball skills - Variety of movements 	<ul style="list-style-type: none"> - Fundamental skills (Run, Jump, Throw) - Taking turns - Movement with equipment 	<ul style="list-style-type: none"> - Understanding competition - Skills at speed
Year 1	<p>Playground games</p> <ul style="list-style-type: none"> - Locomotive movement - Associative play - Reactions <p>Gymnastics</p> <ul style="list-style-type: none"> - Safety - Shapes - Balances 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Travelling - Landing safely - Low apparatus <p>Fundamentals</p> <ul style="list-style-type: none"> - Bilateral movement - Technique - Direction - Coordination 	<p>Dance</p> <ul style="list-style-type: none"> - Beat and tempo - Copying movement patterns - Responding to stimuli 	<p>Multiskills</p> <ul style="list-style-type: none"> - Listening skills - Basics of sending - Finding space 	<p>Athletics</p> <ul style="list-style-type: none"> - Running straight - Two footed jumps - Continuous movement 	<p>Striking & Fielding Games</p> <ul style="list-style-type: none"> - Throwing technique - Catching technique
Year 2	<p>Playground games</p> <ul style="list-style-type: none"> - Spatial awareness - Coordination - Cooperative play <p>Gymnastics</p> <ul style="list-style-type: none"> - Body shape - Balance rules - Types of balances 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Simple rotations - Using small apparatus - Jumping safely <p>Fundamentals</p> <ul style="list-style-type: none"> - Mastering skills - Applying skills - Competition 	<p>Dance</p> <ul style="list-style-type: none"> - Expressing mood and feeling - Exploring movement patterns - Creating a motif 	<p>Multiskills</p> <ul style="list-style-type: none"> - Sending and receiving skills - Passing and moving - Outwitting an opponent 	<p>Athletics</p> <ul style="list-style-type: none"> - Long jump technique - High jump technique - Sprinting technique - Javelin technique 	<p>Striking & Fielding Games</p> <ul style="list-style-type: none"> - Underarm bowl - Batting
Year 3	<p>Gymnastics</p> <ul style="list-style-type: none"> - Shapes in a sequence - Linking balances - Partner balances 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Linking rotations - Mounting and dismounting apparatus - Balances on apparatus 	<p>Dance</p> <ul style="list-style-type: none"> - Unison - Cannon - Dance formations - Dance performance 	<p>Invasion games (Generic)</p> <ul style="list-style-type: none"> - Attacking principles - Defensive principles - Game play 	<p>Athletics</p> <ul style="list-style-type: none"> - Triple jump technique - Chest push thrown technique - Baton changeover 	<p>Striking & Fielding Games</p> <ul style="list-style-type: none"> - Running between wickets - Batting technique

	Multiskills - Invasion game specific skills - Racket skills - Sending and receiving accuracy		Invasion games (Generic) - Passing and moving - Scoring rules - Defending			
Year 4	Gymnastics - Body management - Counter balance - Performing a routine Invasion games (Generic) - Decision making - Game phases - Understanding positions	Gymnastics - Forward rolls - Cartwheels - Sequences on apparatus Invasion (Hockey) - Hockey rules - Skills using sport specific equipment - Positioning	Inclusive Games - Motor skills - Physical engagement Net & Wall - Correct stance - Forehand and backhand shots - Cooperative rallies	Net & Wall - Underarm serve - Basic rules for scoring points - Tactical understanding Invasion (Football/Futsal) - Football rules - Sport specific skills - Sportsmanship	Athletics - Moving relay changeover - Sprint starts	Striking & Fielding Games - Overarm bowl - Long barrier - Variety of shots
Year 5	Net & Wall - Hitting towards a target - Using appropriate shots - Hitting over a barrier - Attacking and defensive tactics Sports Leadership - Individually organising activities - Managing equipment	OAA - Team building - Communication - Planning & reflecting Gymnastics - Performing routines - Group routines - Support balances	OAA - Non-verbal communication - Map drawing Gymnastics - Handstands - Tumbling - Balancing on higher apparatus	Invasion (Netball) - Netball rules & positions - Footwork - Game play (Tag Rugby) - Tag rugby rules - Sideways passing - Dodging/weaving - Cooperative movement	Athletics - Restricted relay changeover - Hurdling - Long distance pacing	Striking & Fielding Games - Batting tactics - Bowling tactics

	- Managing and leading groups					
	Swimming - 25m swim - Front crawl - Back stroke - Breastroke - Butterfly					
Year 6	Net & Wall - Game play - Understanding Tennis scoring system - Variations of net & wall games Sports Leadership - Organising activities with others - Working collaboratively - Managing activities	OAA - Teamwork - Team roles (leaders) - Working cooperatively Gymnastics - Group routines - Reviewing routines	OAA - Orienteering - Strategy Gymnastics - Handstands - Vaulting - Travelling on higher apparatus	Invasion (Handball) - Dribbling - Handball rules & positioning - Attacking and defending strategy (Ultimate Frisbee) - Ultimate Frisbee rules - Game management/self-referee	Athletics - Shot put - High jump scissors technique - Running take off	Striking & Fielding Games - Fielding tactics - Decision making