

	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 -Gross and Fine motor skills - Travelling safely 	<ul style="list-style-type: none"> - Fundamental skills (Run, Jump, Throw) - Expressive movement - Movement through dance - Hand-eye coordination 	<ul style="list-style-type: none"> - Movement through games (chasing/hiding) - Static balance - Balance in motion 	<ul style="list-style-type: none"> - Ball skills - Variety of movements - Jumping from a height & landing safely 	<ul style="list-style-type: none"> - Taking turns - Movement with equipment -Revisiting understand the importance of good health & hygiene 	<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 	<p>Dance</p> <ul style="list-style-type: none"> - Beat and tempo - Copying movement patterns - Responding to stimuli <p>Fundamentals</p> <ul style="list-style-type: none"> - Direction - Coordination 	<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 	<p>Dance</p> <ul style="list-style-type: none"> - Expressing mood and feeling - Exploring movement patterns - Creating a motif <p>Fundamentals</p> <ul style="list-style-type: none"> - Competition 	<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>Multiskills</p> <ul style="list-style-type: none"> - Invasion game specific skills - Racket skills 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Linking rotations - Mounting and dismounting apparatus - Balances on apparatus <p>Multiskills</p> <ul style="list-style-type: none"> - Sending and receiving accuracy 	<p>Dance</p> <ul style="list-style-type: none"> - Unison - Cannon <p>Invasion games (Generic)</p> <ul style="list-style-type: none"> - Passing and moving - Scoring rules - Defending 	<p>Dance</p> <ul style="list-style-type: none"> - 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
Year 4	<p>Gymnastics</p> <ul style="list-style-type: none"> - Body management - Counter balance - Performing a routine <p>Invasion games (Generic)</p> <ul style="list-style-type: none"> - Decision making - Game phases - Understanding positions 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Forward rolls - Cartwheels - Sequences on apparatus <p>Invasion (Hockey)</p> <ul style="list-style-type: none"> - Hockey rules - Skills using sport specific equipment - Positioning 	<p>Inclusive Games</p> <ul style="list-style-type: none"> - Motor skills - Physical engagement <p>Net & Wall</p> <ul style="list-style-type: none"> - Correct stance - Forehand and backhand shots - Cooperative rallies 	<p>Net & Wall</p> <ul style="list-style-type: none"> - Underarm serve - Basic rules for scoring points - Tactical understanding <p>Invasion (Football/Futsal)</p> <ul style="list-style-type: none"> - Football rules - Sport specific skills - Sportsmanship 	<p>Athletics</p> <ul style="list-style-type: none"> - Moving relay changeover - Sprint starts 	<p>Striking & Fielding Games</p> <ul style="list-style-type: none"> - Overarm bowl - Long barrier - Variety of shots
Year 5	<p>Net & Wall</p> <ul style="list-style-type: none"> - Hitting towards a target - Using appropriate shots - Hitting over a barrier - Attacking and defensive tactics <p>Sports Leadership</p>	<p>OAA</p> <ul style="list-style-type: none"> - Team building - Communication - Planning & reflecting <p>Gymnastics</p> <ul style="list-style-type: none"> - Performing routines - Group routines - Support balances 	<p>OAA</p> <ul style="list-style-type: none"> - Non-verbal communication - Map drawing <p>Gymnastics</p> <ul style="list-style-type: none"> - Handstands - Tumbling - Balancing on higher apparatus 	<p>Invasion (Netball)</p> <ul style="list-style-type: none"> - Netball rules & positions - Footwork - Game play <p>(Tag Rugby)</p> <ul style="list-style-type: none"> - Tag rugby rules - Sideways passing - Dodging/weaving 	<p>Athletics</p> <ul style="list-style-type: none"> - Restricted relay changeover - Hurdling - Long distance pacing 	<p>Striking & Fielding Games</p> <ul style="list-style-type: none"> - Batting tactics - Bowling tactics

	<ul style="list-style-type: none"> - Individually organising activities - Managing equipment - Managing and leading groups 			<ul style="list-style-type: none"> - Cooperative movement 		
	Swimming - 25m swim - Front crawl - Back stroke - Breastroke - Butterfly					
Year 6	Net & Wall <ul style="list-style-type: none"> - Game play - Understanding Tennis scoring system - Variations of net & wall games Sports Leadership <ul style="list-style-type: none"> - Organising activities with others - Working collaboratively - Managing activities 	OAA <ul style="list-style-type: none"> - Teamwork - Team roles (leaders) - Working cooperatively Gymnastics <ul style="list-style-type: none"> - Group routines - Reviewing routines 	OAA <ul style="list-style-type: none"> - Orienteering - Strategy Gymnastics <ul style="list-style-type: none"> - Handstands - Vaulting - Travelling on higher apparatus 	Invasion (Handball) <ul style="list-style-type: none"> - Dribbling - Handball rules & positioning - Attacking and defending strategy (Ultimate Frisbee) <ul style="list-style-type: none"> - Ultimate Frisbee rules - Game management/self-referee 	Athletics <ul style="list-style-type: none"> - Shot put - High jump scissors technique - Running take off 	Striking & Fielding Games <ul style="list-style-type: none"> - Fielding tactics - Decision making