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| TERM | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | **Multi Skills Dance Gymnastics Athletics Games** | | | | | |
| How our bodies work Exploring moving our bodies  To the music | | Exploring how to use Master Basic movements  Our bodies on / off apparatus | | Individual skills and develop into paired work and team games. | |
| Year 1 | **Outside: Games**  **Individual skills**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  **Inside: Multi Skills**  **Physical Literacy Skills**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending | **Outside: Multi Skills 2**  **Physical Literacy Skills 2**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  **Inside: Dance**  **Sleigh Dance**  **Key Stage 1 National Curriculum Links (NCL)**  3) Perform dances using simple movement patterns | **Outside: Fitness**  **Daily Mile / Keep Fit**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  **Inside: Gymnastics**  **Travelling and ways to roll**    **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities | **Outside: Games**  **(Team Games 1)**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  **Inside: Multi Skills**  **Physical literacy skills 1**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending | **Outside: Games**  **(Team Games 2)**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  **Inside: Athletics**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending | **Outside: Games**  **(Bat and Ball Skills)**  **Key Stage 1 National Curriculum Links (NCL)**  **1**) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  **Inside: Yoga**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities |
| Year 2 | **Outside: Games**  **(Individual Skills)**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  **Inside: Multi Skills**  **Physical Literacy 1**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending | **Outside: Games**  **Team Games 1**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  **Inside: Dance:**  **Toy Dance**  **Key Stage 1 National Curriculum Links (NCL)**  3) Perform dances using simple movement patterns | **Outside: Fitness**  **Daily Mile / Keep Fit**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  **Inside: Gymnastics**  **Using different body parts to travel on and off apparatus (Pathways)**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities | **Outside: Games**  **Team Games 2**  **Inside: Multi Skills**  **Physical Literacy 2**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending | **Outside: Athletics**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  **Inside: Yoga**  **Key Stage 1 National Curriculum Links (NCL)**  1) Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities | **Outside: Games**  **Bat and Ball Skills**  **Inside: Games**  **Key Stage 1 National Curriculum Links (NCL)**  **1**) Master basic  movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  2) Participate in team games, developing simple tactics for attacking and defending  Inside:  **Swimming**  **1**) In particular, pupils should be taught to:  swim competently, confidently and proficiently over a distance of at least 25 metres  2) Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations |
| Year 3 | **Inside: Handball**  **Outside: Hockey**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending | **Outside: Fitness**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside: Dance**  **Christmas Dance**  **Key Stage 2 National Curriculum Links (NCL)**  4) Perform dances using a range of movement patterns | **Outside: Fitness**  **Daily Mile / Keep Fit**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  I**nside: Gymnastics**  Linking movements together  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] | **Outside: Tennis**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside: Judo / Yoga**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] | **Outside: Athletics**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]  **Inside: Judo / Yoga**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]  **Inside:**  **Swimming**  **Key Stage 2 National Curriculum Links (NCL)**  1) In particular, pupils should be taught to:  swim competently, confidently and proficiently over a distance of at least 25 metres  2) Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations | **Outside: Rounder’s**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside: Dodgeball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending |
| Year 4 | **Outside: Handball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside: Hockey**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending | **Outside: Judo / Yoga**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]  **Inside: Dance**  **Christmas Dance**  **Key Stage 2 National Curriculum Links (NCL)**  4) Perform dances using a range of movement patterns  Inside:  **Swimming**  **Key Stage 2 National Curriculum Links (NCL)**  **1**) In particular, pupils should be taught to:  swim competently, confidently and proficiently over a distance of at least 25 metres  2) Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations | **Judo / Yoga**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]  **Inside: Gymnastics**  **Rolling and Travelling low**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] | **Outside: Tennis**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside: Fitness**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending | Outside: Athletics  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]  **Orienteering and Problem solving**  **5**) Take part in outdoor and adventurous activity challenges both individually and within a team  compare their performances with previous ones and demonstrate improvement to achieve their personal best | **Inside Rounder’s**  **Key Stage 2 National**  **Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Dodgeball**  **Key Stage 2 National Curriculum Links (NCL**  **)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending |
| Year 5 | **Outside: Sports Hall Athletics**  **Key Stage 2 National Curriculum Links (NCL**  **)**  1) Use running, jumping, throwing and catching in isolation and in combination  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]  **Inside:**  **Yoga**  **Key Stage 2 National Curriculum Links (NCL**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] | **Outside: Basketball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside:**  **Dance**  **The Haka Dance**  **Key Stage 2 National Curriculum Links (NCL)**  **4**) Perform dances using a range of movement patterns | **Outside: Fitness**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping,  throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside: Gymnastics**  **Flight 1**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] | **Outside: Volleyball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside:**  **Swimming**  **Key Stage 2 National Curriculum Links (NCL)**  1) In particular, pupils should be taught to:  swim competently, confidently and proficiently over a distance of at least 25 metres  2) Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations | **Outside: Netball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside:**  **Swimming**  **Key Stage 2 National Curriculum Links (NCL)**  **1**) In particular, pupils should be taught to:  swim competently, confidently and proficiently over a distance of at least 25 metres  2) Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations | **Outside: Cricket**  **Key Stage 2 National Curriculum Links (NCL)**  **1**) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside:**  **Orienteering and Problem solving**  **Key Stage 2 National Curriculum Links (NCL)**  5) Take part in outdoor and adventurous activity challenges both individually and within a team  compare their performances with previous ones and demonstrate improvement to achieve their personal best |
| Year 6 | **Outside: Sports Hall Athletics**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]  **Inside:**  **Yoga**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] | **Outside: Basketball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside:**  **Dance**  **Sports Dance**  **Key Stage 2 National Curriculum Links (NCL)**  4) Perform dances using a range of movement patterns | **Inside:**  **Swimming**  **Key Stage 2 National Curriculum Links (NCL)**  1) In particular, pupils should be taught to:  swim competently, confidently and proficiently over a distance of at least 25 metres  2) Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  perform safe self-rescue in different water-based situations  **Inside:**  **Gymnastics**  **Flight 2**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] | **Outside: Volleyball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  I**nside:**  **Fitness**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending | **Outside: Netball**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside:**  **Orienteering and Problem solving**  **Key Stage 2 National Curriculum Links (NCL)**  **5**) Take part in outdoor and adventurous activity challenges both individually and within a team  compare their performances with previous ones and demonstrate improvement to achieve their personal best | **Outside: Cricket**  **Key Stage 2 National Curriculum Links (NCL)**  1) Use running, jumping, throwing and catching in isolation and in combination  2) Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending  **Inside:**  **Yoga**  **Key Stage 2 National Curriculum Links (NCL)**  3) Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] |