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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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) 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 activities2) Participate in team games, developing simple tactics for attacking and defendingInside:**Swimming****1**) In particular, pupils should be taught to:swim competently, confidently and proficiently over a distance of at least 25 metres2) 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 combination2) 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 combination2) 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 combination2) 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 defendingI**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 combination2) 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 combination3) 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 metres2) 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 combination2) 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 combination2) 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 combination2) 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 combination2) 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 patternsInside:**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 metres2) 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 combination2) 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 combination2) 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 combination3) 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 teamcompare 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 combination2) 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 combination2) 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 combination3) 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 combination2) 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 combination2) 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 combination2) 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 metres2) 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 combination2) 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 metres2) 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 combination2) 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 teamcompare 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 combination3) 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 combination2) 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 metres2) 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 combination2) 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 defendingI**nside:****Fitness****Key Stage 2 National Curriculum Links (NCL)**1) Use running, jumping, throwing and catching in isolation and in combination2) 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 combination2) 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 teamcompare 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 combination2) 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] |

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