



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception		Dance	Gymnastics	Ball skills	Locomotion	Invasion games
Year 1	Team building	Gymnastics	Dance	Invasion games	Athletics	Ball skills
Year 2	Fundamental skills (dodging and jumping) Health and well-being	Ball skills Dance	Sending and receiving (feet) Team building	Gymnastics Co-ordination (hands 1)	Athletics	Co-ordination (hands 2) Invasion games
Year 3	Swimming Health and well-being (mindfulness)	Outdoor adventurous activity Invasion games (hockey)	Dance Invasion games (Tag-rugby)	Boccia Gymnastics	Athletics Net/ Wall (Tennis)	Invasion games Dodgeball Striking and fielding (Cricket)
Year 4	Outdoor adventurous activity Invasion games (Tag rugby)	Swimming Tennis	Football Health and well-being (mindfulness)	Striking and fielding (Tri golf) Gymnastics	Athletics Dance	Striking and fielding (Rounders) Invasion games (Basketball)
Year 5	Invasion games (hockey) Net/ Wall (Badminton)	Fitness development Invasion games (football)	Swimming Gymnastics	Net/ Wall (Tennis) Invasion games (basketball)	Dance Athletics	Outdoor adventurous activity Striking and fielding (Cricket)
Year 6	Fitness development Invasion games (basketball)	Dance Invasion games (Netball)	Yoga Invasion games (Hockey)	Net/ Wall (Tennis) Gymnastics	Athletics Striking and fielding (Rounders)	Swimming Net/ Wall (volleyball, handball)