



Year A

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS N/REC	<p>Best of Balls</p> <p>Ball Skills Agility Balance and Coordination</p>	<p>Dance till you drop</p> <p>Dance Perform basic dances using simple movement patterns Agility Balance and Coordination</p>	<p>Gym in the Jungle</p> <p>Gymnastics Agility Balance and Coordination</p>	<p>Easter Bunny</p> <p>Games Attacking and Defending</p>	<p>Pirate Fitness</p> <p>Fitness and stamina Agility and Co-ordination</p> <p>The Olympics Athletics Running, jumping, throwing, catching</p>	<p>The Olympics</p> <p>Athletics Running, jumping, throwing, catching</p>
	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area
KS1 YEAR 1/2	<p>Multi-skills: Bat and Ball</p> <p>Agility Balance and Coordination</p> <p>Dance: Seasons Perform basic dances and sequences in pairs and groups</p>	<p>Dance: Starry Skies Perform basic dances using simple movement patterns Agility Balance and Coordination</p> <p>Yoga: Salute to the Sun Performing Yoga poses and transitions to create a sequence</p>	<p>Invasion Games Attacking and Defending</p> <p>Gymnastics: Animals Travelling at different speeds and levels</p>	<p>Gymnastics: Traditional Tales Agility Balance and Coordination</p> <p>Fundamental Skills: Easter</p>	<p>Running and Jumping & Throwing and Catching Running, jumping, throwing and catching</p> <p>Attacking and Defending Dodging, marking, space and precision passing</p>	<p>Sports Day & Athletics Throwing, catching, running,</p> <p>Circuit Training Moving in different ways around objects, balance and co-ordination, move with control</p>
	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School	Outdoor Activities- Forest School
LKS2 YEAR 3/4	<p>Invasion Games: Football</p> <p>Play competitive games attacking/defending</p>	<p>Gymnastics: Movement Developing flexibility, strength and control,</p>	<p>Rainforest/Extreme Earth Dance Perform dances using a range of movement patterns</p>	<p>Net and Wall Games: Fundamentals Throwing and Catching, using a racket effectively</p>	<p>Striking and Fielding: Fundamentals Develop flexibility, strength, technique, control and balance</p>	<p>Athletics Throwing, catching, running Play competitive games</p>

	<p>Swimming Develop fitness, improving strength, stamina and flexibility</p>	<p>Develop fitness, improving strength, stamina and flexibility</p> <p>Swimming Develop fitness, improving strength, stamina and flexibility</p>	<p>Invasion Games: Hockey (Y4 unit) Play competitive games attacking/defending</p>	<p>Circuit Training Develop fitness improving strength</p>	<p>Play competitive games Striking/fielding</p> <p>OAA To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Striking and Fielding Develop flexibility, strength, technique, control and balance Play competitive games striking/fielding</p>
	<p>Forest School</p> <p>Archery (Lunch club)</p>	<p>Forest School</p> <p>Curling (Lunch club)</p>	<p>Forest School</p> <p>Tag Rugby (Lunch Club)</p>	<p>Forest School</p> <p>Cricket (Lunch Club)</p>	<p>Forest School</p> <p>Lunch club- Quick cricket</p>	<p>Forest School</p> <p>Lunch Club- Heptathlon Activities</p>
UKS2 YEAR 5/6	<p>Invasion Games: Football Throwing, catching communication skills</p> <p>Gymnastics:Space Shape and balance Linking movements and performance.</p>	<p>Gymnastics: Movement Perform dances using a range of movement patterns</p> <p>Dance: Eco Dance use spatial awareness, understanding of timing in dance, creating lines and shapes with their bodies.</p>	<p>Dance: WW2 Develop fitness, improve strength stamina and flexibility</p> <p>Invasion Games: Basketball Play competitive games attacking/defending</p>	<p>Net and Wall Games: Tennis Throwing, catching communication skills</p> <p>Circuit Training Develop fitness improving strength</p>	<p>Striking and Fielding: Rounders Develop flexibility, strength, technique, control and balance Play competitive games Striking/fielding</p> <p>Athletics Develop flexibility strength, technique, control and balance Play competitive Games</p>	<p>Athletics Develop flexibility strength, technique, control and balance Play competitive Games</p> <p>OAA To take part in outdoor and adventurous activity challenges both individually and within a team</p>
	<p>Forest School</p> <p>Archery (Lunch club)</p>	<p>Forest School</p> <p>Curling (Lunch club)</p>	<p>Forest School</p> <p>Tag Rugby (Lunch Club)</p>	<p>Forest School</p> <p>Cricket (Lunch Club)</p>	<p>Forest School</p> <p>Lunch club-Quick Cricket</p>	<p>Forest School</p> <p>Lunch club- heptathlon Activities</p>

YEAR B

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS N/R	Best of Balls Ball Skills Agility Balance and Coordination	Dance Dinosaurs Dance Perform basic dances using simple movement patterns Agility Balance and Coordination	Gymnastics Jumping Jacks and Rock and Roll Gymnastics Agility Balance and Coordination	Easter Bunny Games Attacking and Defending	Pirate Fitness Fitness and stamina Agility and Co-ordination The Olympics Athletics Running, jumping, throwing, catching	The Olympics Athletics Running, jumping, throwing, catching
	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area	Outdoor Activities- Forest School/Outdoor Area
KS1 Years 1 and 2	Multi-skills: Bat and Ball Agility Balance and Coordination Dance: Toys Speed, weight and size of movements	Dance: The Gunpowder Plot Perform basic dances using simple movement patterns Agility Balance and Coordination Fundamental Skills: Christmas	Gymnastics: Under the Sea Agility Balance and Coordination and jumping Attacking and Defending Dodging, marking, space and precision passing	Invasion Games Attacking and Defending Gymnastics: Landscapes and Cityscapes Rolls	Running and Jumping (Yr 1 Topic) & Throwing and Catching Athletics Running, jumping, throwing and catching Multi-skills Target Games Rolling, throwing, moving, kicking skills	Animal Olympics & Athletics Throwing, catching, running. Circuit Training Moving in different ways around objects, balance and co-ordination, move with control
	Forest School Archery (Lunch club)	Forest School Curling (Lunch club)	Forest School Tag Rugby (Lunch Club)	Forest School Cricket (Lunch Club)	Forest School Rounders (Lunch Club)	Forest School Heptathlon Activities (Lunch Club)

<p>LKS2 YEARS 3 & 4</p>	<p>Invasion Games:Tag Rugby Play competitive games attacking/defending</p> <p>Swimming Develop fitness, improving strength, stamina and flexibility</p>	<p>Dance: Romans Dance Perform dances using a range of movement patterns</p> <p>Swimming Develop fitness, improving strength, stamina and flexibility</p>	<p>Gymnastics Shape and balance Ancient Egypt Developing flexibility, strength and control, Develop fitness, improving strength, stamina and flexibility.</p> <p>Invasion Games: Universal Skills.</p>	<p>Net and Wall Games: Netball Throwing and Catching, using a racket effectively</p> <p>Gymnastics Shape and balance Ancient Egypt Developing flexibility, strength and control, Develop fitness, improving strength, stamina and flexibility.</p> <p>Circuit Training Develop fitness improving strength.</p>	<p>Striking and Fielding: Cricket Develop flexibility, strength, technique, control and balance Play competitive games Striking/fielding</p> <p>OAA To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Athletics Throwing, catching, running Play competitive games</p> <p>Trigolf Develop flexibility, strength, technique, control and balance</p>
	<p>Forest School</p> <p>Archery (Lunch club)</p>	<p>Forest School</p> <p>Curling (Lunch club)</p>	<p>Forest School</p> <p>Tag Rugby (Lunch Club)</p>	<p>Forest School</p> <p>Cricket (Lunch Club)</p>	<p>Forest School</p> <p>Rounders (Lunch Club)</p>	<p>Forest School</p> <p>Heptathlon Activities (Lunch Club)</p>
<p>UKS2 YEARS 5 & 6</p>	<p>Invasion Games Throwing, catching communication skills</p> <p>Gymnastics: Movement Develop fitness, improve strength stamina and flexibility</p>	<p>Gymnastics: Shape and Balance</p> <p>Dance: Through the decades dance using characteristics and elements of particular dance styles to develop their own dances</p>	<p>Dance: Chinese New Year and Lunar New Year Perform dances using a range of movement patterns</p> <p>Invasion Games- Hockey Play competitive games attacking/defending</p>	<p>Net and Wall Games: Netball Throwing, catching communication skills</p> <p>Circuit Training Develop fitness improving strength</p>	<p>Striking and Fielding Develop flexibility, strength, technique, control and balance Play competitive games Striking/fielding</p> <p>Athletics Develop flexibility strength, technique, control and balance Play competitive Games</p>	<p>Athletics Develop flexibility strength, technique, control and balance Play competitive Games</p> <p>OAA To take part in outdoor and adventurous activity challenges both individually and within a team</p>

		with similar specific styles.				
	Forest School	Forest School	Forest School	Forest School	Forest School	Forest School
	Archery (Lunch club)	Curling (Lunch club)	Tag Rugby (Lunch Club)	Cricket (Lunch Club)	Rounders (Lunch Club)	Heptathlon Activities (Lunch Club)