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|  | Nursery | Reception | Year One | Year Two | Year Three | Year Four | Year Five | Year Six |
| *Autumn 1* | Early Movement activitiesAccess to outdoor area | Early Movement Skills / Rules & instructionsAccess to outdoor areas / gross motor | Dance: OurselvesSAQ / Fundamental Movements | Games: Invasion ~ Throwing & Catching Large Ball SkillsSAQ / Fundamental Movements | Games: Invasion ~ Large Ball SkillsGymnastics | Games: Invasion ~ Tag RugbySwimming  | Games: Invasion ~ HockeyDance | Games: Tri-GolfGames: Invasion ~ Football |
| *Autumn 2* | Early Movement Skills | Movement Skills | Gymnastics Health & Fitness*/*Fundamental movement Skills (Balance co-ordination etc. skipping, circuits, aerobics activities) | Gymnastics Health & Fitness */ Parachute Games* | GymnasticsGames: Invasion ~ Football | Dance Swimming | Gymnastics OAA | *Health & Fitness* *Dance: Evolution*  |

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| *Spring 1* | Early Gymnastic skills | Early Gymnastics  | Gymnastics Dance: Superheroes | Gymnastics Dance: Superheroes | Health & FitnessIndoor athletics | Gymnastics Swimming | Gymnastics Indoor athletics | Games: Invasion ~ Tag RugbyGymnastics |
| *Spring 2* | Dance – musical statues | Dance – dancing dinosaurs / animals | Games: Invasion ~ Ball skills (Rolling, throwing, catching & kicking)Games: Net & Wall | Games: Small Ball Skills OAA | Games: Net & Wall ~ TennisDance: Stone Age | OAASwimming | Games: Invasion ~ BasketballHealth & Fitness | DanceOAA  |

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| *Summer 1* | Early Games & Movement Skills | Early Games Skills | AthleticsGames: Team activities | AthleticsDance | AthleticsGames: Invasion ~ Hockey | AthleticsSwimming | Games: Striking & fielding ~ CricketHealth & Fitness | *Athletics**Games: Net & Wall ~ Tennis* |
| *Summer 2* | Early Athletic Skills | Early Athletic Skills | Games: Striking & Fielding Athletics | Games: Striking & Fielding Athletics | Games: Striking & Fielding ~ RoundersGames | Games: Striking & Fielding ~ CricketSwimming | Games: Striking & Fielding ~ Rounders Athletics | *Games: Striking & Fielding ~ Rounders & Cricket Athletics* |

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| Core tasks to support |  |  |  |  |  |  |  |  |
| Dance |  | Moving along (transport)Themes and Dreams (based on any theme eg penguins, clowns, folk dance)Cat DanceHow does it feel? | MachinesRound the clockIndian Delight | MasqueradeWhat’s so funny?Making the grade |
| Gym |  | Making Shapes Unit 1 tasks 1 & 2Families of ActionsUnit 2 tasks 1 & 2 | Balancing ActUnit 3 task 1 & 2Partner WorkUnit 4 tasks 1 & 2 | Acrobatic GymnasticsUnit 5 tasks 1 &2Group Dynamics (Y6)Unit 6 tasks 1 & 2 |
| OAA |  | Where are we Going? | Communication ChallengeShipwrecked Safely across | Where Am I?Search & RescueCrystal star ChallengeBeat the ClockElectric fence |
| Athletics |  | Honey PotOff, Up and AwayColour Match | Faster, Higher, FurtherPass the BatonFurthest Five | Distance ChallengeTake AimThree Jump Challenge |
| Games |  | Beanbag ThrowRolla ballKick RoundersMini TennisTen Point HoopsPiggy in the Middle | Piggy in the MiddleThree Touch BallSkittlesOn the AttackEnd ZoneTarget BaggersMini TennisArc RoundersBoundary LineRun the Loop | Fives & ThreesGrid RugbyTag RugbyCalling the ShotsLong & Thin or Short & FatWhat a RacketRun the LoopZone CricketZone RoundersRunnersPairs Cricket |