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|  | Nursery | Reception | Year One | Year Two | Year Three | Year Four | Year Five | Year Six |
| *Autumn 1* | Early Movement activities  Access to outdoor area | Early Movement Skills / Rules & instructions  Access to outdoor areas / gross motor | Dance: Ourselves  SAQ / Fundamental Movements | Games: Invasion ~ Throwing & Catching Large Ball Skills  SAQ / Fundamental Movements | Games: Invasion ~ Large Ball Skills  Gymnastics | Games: Invasion ~ Tag Rugby  Swimming | Games: Invasion ~ Hockey  Dance | Games: Tri-Golf  Games: 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* | Gymnastics  Games: 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 & Fitness  Indoor athletics | Gymnastics  Swimming | Gymnastics  Indoor athletics | Games: Invasion ~ Tag Rugby  Gymnastics |
| *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 ~ Tennis  Dance: Stone Age | OAA  Swimming | Games: Invasion ~ Basketball  Health & Fitness | Dance  OAA |

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| *Summer 1* | Early Games & Movement Skills | Early Games Skills | Athletics  Games: Team activities | Athletics  Dance | Athletics  Games: Invasion ~ Hockey | Athletics  Swimming | Games: Striking & fielding ~ Cricket  Health & 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 ~ Rounders  Games | Games: Striking & Fielding ~ Cricket  Swimming | 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 Dance  How does it feel? | | Machines  Round the clock  Indian Delight | | Masquerade  What’s so funny?  Making the grade | |
| Gym |  | | Making Shapes  Unit 1 tasks 1 & 2  Families of Actions  Unit 2 tasks 1 & 2 | | Balancing Act  Unit 3 task 1 & 2  Partner Work  Unit 4 tasks 1 & 2 | | Acrobatic Gymnastics  Unit 5 tasks 1 &2  Group Dynamics (Y6)  Unit 6 tasks 1 & 2 | |
| OAA |  | | Where are we Going? | | Communication Challenge  Shipwrecked  Safely across | | Where Am I?  Search & Rescue  Crystal star Challenge  Beat the Clock  Electric fence | |
| Athletics |  | | Honey Pot  Off, Up and Away  Colour Match | | Faster, Higher, Further  Pass the Baton  Furthest Five | | Distance Challenge  Take Aim  Three Jump Challenge | |
| Games |  | | Beanbag Throw  Rolla ball  Kick Rounders  Mini Tennis  Ten Point Hoops  Piggy in the Middle | | Piggy in the Middle  Three Touch Ball  Skittles  On the Attack  End Zone  Target Baggers  Mini Tennis  Arc Rounders  Boundary Line  Run the Loop | | Fives & Threes  Grid Rugby  Tag Rugby  Calling the Shots  Long & Thin or Short & Fat  What a Racket  Run the Loop  Zone Cricket  Zone Rounders  Runners  Pairs Cricket | |