

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking and Jumping		Ball Skills Hands 1		Gymnastics: High, Low, Over, Under		Dance Nursery Rhymes		Ball Skills Feet		Games For Understanding	
Year 1	Locomotion: Running	Gymnastics: Wide, Narrow, Curled	Ball Skills Hands 1	Gymnastics: Body Parts	Ball Skills Feet	Dance: Growing	Ball Skills Hands 2	Dance: The Zoo	Locomotion: Jumping	Games For Understandin g	Team Building	Health and Wellbeing
Year 2	Locomotion: Dodging	Gymnastics: Linking	Ball Skills Hands 1	Gymnastics: Pathways	Ball Skills Feet	Dance: Water	Ball Skills Hands 2	Dance: Explorers	Locomotion: Jumping	Games For Understandin g	Team Building	Rackets: Bats and Balls
Year 3	Invasion: Hockey	Gymnastics Symmetry & Asymmetry	Invasion: Football	Gymnastics: Unison	Invasion: Basketball	Dance Wild Animals	Invasion: Tag Rugby	Dance: Weather	Net / Wall: Tennis	Yoga/Health related exercise	Striking & Fielding Rounds	Athletics
Year 4	Invasion: Netball	Swimming	Invasion: Football	Swimming	Invasion: Basketball	Swimming	Striking & Fielding: Cricket	Swimming	Net / Wall: Tennis	Swimming	Swimming	Athletics
Year 5	Invasion: Hockey	Gymnastics: Counter Balance and Counter Tension	Invasion: Football	Gymnastics: Flight	Invasion: Tag Rugby	Dance: Greeks	Invasion: Netball	OAA: Communicatio n/Orienteering	Striking & Fielding Rounds	Net / Wall: Badminton	Invasion: dodgeball	Athletics
Year 6	Invasion: Football	Yoga/Health Related Exercise	Invasion: Netball	Gymnastics: Matching & Mirroring	Invasion: Basketball	Dance: Titanic	Striking & fielding: Cricket	OAA: Orienteering	Striking & Fielding Rounds	Invasion: Dodgeball	Gymnastics: Sequencing	Athletics

National Curriculum knowledge and skills are stipulated per year group