

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Key skills-Multi-skills Gymnastics& Dance Athletic and Fitness	Invasion Games: attack and defence: <i>Football; Basketball; Hockey</i> Skills of evading (1-1) Skills of blocking (1-1)	Invasion Games: attack and defence: <i>Football; Basketball; Hockey</i> Skills of evading within boundaries Skills of navigating around and between more than one player Skills of blocking two invaders	Invasion Games- travelling and changing direction: <i>Football; Basketball; Hockey</i> Gymnastics: Balance, agility and sequencing Striking and Fielding- hitting a ball into space: <i>Cricket; Rounders</i>	Invasion Games- moving within a specific space: <i>Football; Basketball; Hockey</i> Gymnastics: Rolling and flight movement Striking and Fielding- playing as a team: <i>Cricket; Rounders</i>	Invasion Games- support play and positioning: <i>Football; Basketball; Hockey</i> Swimming Dance: pupil-led routines around a given theme	Invasion Games-tactics; creating new rules: <i>Football; Basketball; Hockey</i> Swimming Dance: pupil-led creative routines and compositions
Spring	Key skills-Multi-skills Gymnastics& Dance Athletic and Fitness	Net and Wall games- basic skills and techniques: Tennis; Badminton Skills of aiming and targeting throws/ bounces Striking and Fielding- basic skills and techniques: <i>Cricket; Rounders</i> Skills of targeting and fielding throwing/rolling	Net and Wall games- basic skills and techniques: Tennis; Badminton Skills of aiming and targeting (throws/bounces) while travelling; varying size of apparatus Skills of aiming and targeting with a racket Striking and Fielding- basic skills and techniques: <i>Cricket; Rounders</i> Skills of targeting and fielding throwing/rolling while travelling	Net and Wall games- directing the ball: Tennis; Badminton Invasion Games- hand-eye coordination: <i>Football; Basketball; Hockey</i> Dance: exploring classical and cultural dance routines	Net and Wall games- directing the ball, varying distance and poistion: Tennis; Badminton Invasion Games-sending and receiving: <i>Football; Basketball; Hockey</i> Dance: developing own classical / cultural dance routines within given criteria	Net and Wall games- controlled form: Tennis; Badminton Striking and Fielding- specific skills: <i>Cricket; Rounders</i> Swimming	Net and Wall games- developing skills: Tennis; Badminton. Striking and Fielding- adapting and assessing; competing: <i>Cricket; Rounders</i> Gymnastics: Creating team balance compositions and sequencing
Summer	Key skills-Multi-skills Gymnastics& Dance Athletic and Fitness	Athletics and Fitness: Building stamina and endurance Timed routines; Paced routines; Simple lap routines Gymnastics& Dance: Control, rhythm and performance	Athletics and Fitness: Building stamina and endurance Simple obstacles included in lap, timed and paced routines Gymnastics& Dance: Control, rhythm and performance-group collaboration	Adventurous and Team Building Challenge: Orienteering-simple challenges Athletics: Basic techniques for efficient movement	Adventurous and Team Building Challenge: Orienteering-more complexed challenges Athletics: Short sprints and longer distance Swimming	Adventurous and Team Building Challenge: Orienteering- collaborating to develop challenges Athletics: Improving performance on track and field	Adventurous and Team Building Challenge: Orienteering- pupil developed challenges defined by particular criteria Athletics: Specific techniques for mastery