

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1/2 A	Agility Balance Coordination skill development Gymnastics activities	Agility Balance Coordination skill development Gymnastics activities	Swimming	Swimming	Running, Jumping, throwing and catching - athletic activities	Running, Jumping, throwing and catching - athletic activities
1/2 B	Agility Balance Coordination skill development Outdoor activities	Agility Balance Coordination skill development Outdoor activities	Agility Balance Coordination skill development Outdoor activities	Perform basic dances using simple movement patterns	Agility Balance Coordination skill development Outdoor activities	Agility Balance Coordination skill development Outdoor activities
3/4 A	Swimming	Swimming	Developing flexibility, strength and control, communication - <i>gymnastics</i>	Develop fitness – improving strength stamina and flexibility	Develop flexibility, strength, technique, control and balance Athletics	Play competitive games Net/wall
3/4 B	Throwing ,catching communication skills – <i>invasion games</i>	Perform dances using a range of movement patterns	Outdoor and adventurous activities	Outdoor and adventurous activities	Play competitive games Striking/ fielding	Develop flexibility, strength, technique, control and balance Athletics
5/6 A	play competitive games Net/wall	Developing flexibility, strength and control, teamwork, communication - <i>gymnastics</i>	Outdoor and adventurous activities	Outdoor and adventurous activities	develop flexibility, strength, technique, control and balance Athletics Activities	develop flexibility, strength, technique, control and balance Athletics Activities
5/6 B	Throwing ,catching communication skills – <i>invasion games</i>	Throwing ,catching communication skills – <i>invasion games</i>	Develop fitness – improving strength stamina and flexibility	Perform dances using a range of movement patterns - Dance	Throwing ,catching communication skills – <i>invasion games</i>	play competitive games Striking/ fielding