



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term (8 wks) Outdoor	Running and stopping.	Fundamental Movements – Focus on Throwing and catching,	Focus on throwing and catching. Inventing games	Ball Skills, Invasion focus and creative game making Applying skills to handball.	Invasion Games and problem solving/inventing games Applying skills to basketball.	Invasion & Target games Applying skills previously taught to tag rugby and hockey.	Ball Handling Invasion games Applying skills previously taught to netball and basketball
Autumn Term (6 wks) Indoor	Basic gymnastic skills with a focus on balance.	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Spring Term (6 wks) Outdoor	Throwing and catching	Focus on fielding and striking	Focus on fielding and striking	Applying strike and field skills rounders	Applying strike and field skills lacrosse	Applying strike and field skills tennis	Applying strike and field skills to cricket
Spring 2 (6 wks) Indoor	Fundamental Movements – Focus on skipping	Dance	Dance	Dance	Dance	Dance	Dance
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Summer Term (12 wks) Outdoor	Multi-skills – Sports Day practice	Athletics – Sports Day practice	Athletics – Sports Day practice	Athletics – Sports Day practice	Athletics – Sports Day practice	Athletics – Sports Day practice	Athletics – Sports Day practice
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming

Children will be expected to complete daily running (mile a day) and another physical activity, such as 10-minute skipping or dance.

N.B. Children will be taught swimming half termly.