



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term (8 wks) Outdoor	<b>People who help us.</b> Running and stopping Gymnastic Skills- Balance	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.	Ball Handling Invasion games Applying skills to basketball
Autumn Term (6 wks) Indoor	<b>Space</b> -FUNDamentals movement of Running, Jumping, Stopping & Catching! <b>Winter</b> - Run and negotiate space.	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Spring Term (6 wks) Outdoor	<b>Mini Beasts</b> - Throwing, catching and jumping.	Focus on fielding and striking	Focus on fielding and striking	Applying strike and field skills -Cricket	Applying strike and field skills-Cricket	Applying strike and field skills- Cricket	Applying strike and field skills-Cricket
Spring 2 (6 wks) Indoor	<b>Superheros</b> - Fundamental Movements – Focus on skipping	Dance	Dance	Dance	Dance	Dance	Dance
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Summer Term (12 wks) Outdoor	<b>Growing and Transport</b> - 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.