



Year	Autumn Term		Spring Term		Summer Term	
Reception	Listening and following instructions. Body management and awareness. (Mighty Warriors- yoga)		Exploring locomotion through music. Balancing, turning ,bending, stretching and turning.		Collecting, kicking, carrying , pushing. Using running, jumping and throwing.	
Year 1	Manipulation Challenges with objects to develop throwing, and catching.	Stabilisation and locomotion Explore basic actions to develop movement, posture, tension and control which reflect a theme or a story.	Stabilisation and locomotion Gymnastics- to develop rolling, balancing, climbing and jumping. Create simple sequences.	Ball games Hit and run games which involve throwing, catching and retrieving. Small side games which require decision making.	Ball games Hit and run games which involve throwing, catching and retrieving. Small side games which require decision making	Run, Jump and Throw Personal Challenge-to learn how to run quicker, throw more accurately and jump further.
Year 2	Locomotion and Manipulation Movement games to develop spatial awareness and types of locomotion. Challenges with objects to develop throwing and catching.	Stabilisation and Locomotion Movement to music. Explore basic actions to develop movement, posture, tension and control which reflect a theme or a story.	Stabilisation and locomotion Gymnastics- to develop rolling, balancing, climbing and jumping. Create simple sequences.	Ball games Hit and run games which involve throwing, catching and retrieving. Small side games which require decision making. Engaging in cooperative activities and small sided games.	Ball games Hit and run games which involve throwing, catching and retrieving. Small side games which require decision making. Engaging in cooperative activities and small sided games.	Run, Jump and Throw Personal Challenge-to learn how to run quicker, throw more accurately and jump further. Keep on improving on personal best.
Year 3	Multi skills(based on invasion skills) Game based skills practised and put into challenges.	Dance into gym Linking movements to create sequences that include change of level and speed. Work in pairs and small groups to create and link a range of dance movements. Linking movements create a sequence which links floor work up to low and high apparatus.		Net/wall Games Direct ball into a target area and away from the opposition.	Striking and Fielding Games. Team hit and run-to focus basic aspects of shot selection and fielding tactics.	Athletics and OAA Personal Best- experiment with different ways to run, jump and throw. Increase speed and distance improving on previous best.
Year 4	Multi skills(based on invasion skills) Game based skills practised and put into challenges.	Dance into gym Link a range of dance movements to create character through movement and gesture. Create sequences with a partner that include change of level and speed. Use a variety of gymnastic techniques.		Net/wall Games Direct ball into a target area and away from the opposition. Work in partners to create a rally. Judge power, speed and distance.	Striking and fielding Games Work as a team when fielding. Create strategies and tactics. 9Rounders type games)	Athletics and OAA Determination and endurance to improve on running, jumping and throwing techniques.



<p>Year 5</p>	<p>Invasion Games Tag rugby/hockey- Develop skilful attacking and defence. Working in a team situation</p>	<p>Gym into Dance Create sequences and routines in small groups on floor and a combination of low and high apparatus. Performances should be choreographed to reflect a theme.</p>	<p>Net and wall games Play net and wall games to develop skills and thought processes. Master use of equipment in a range of different contexts.</p>	<p>Striking and fielding games Rounder's- to focus on more refined skills (batting and bowling) and creating tactics. Focus on leadership and communication.</p>	<p>Athletics and OAA Resilience- to overcome difficulties when faced with challenges in athletics and outdoor activities.</p>
<p>Year 6</p>	<p>Invasion Games Tag rugby/hockey- Develop skilful attacking and defence. Working in a team situation. Improve on team play and work independently in small sided games.</p>	<p>Gym into dance Create sequences and routines in small groups to create a performance on apparatus and floor. A musical theme can be used to combine aspects of gym and dance. Performances should be reined to improve.</p>	<p>Net and wall games Tennis- building from throw catch tennis, creating tactics and progressing to play more specific tennis skills with control.</p>	<p>Striking and Fielding Games Cricket- to focus on more refined techniques in batting, bowling and fielding)</p>	<p>Athletics and OAA Goal Setting-set realistic goals based on prior learning and performance. Focus on personal best.</p>

- Enough time should be spent on each area of activity to ensure progression and a deeper level of learning to allow children to embed their learning.
- Where sports are suggested – these are only suggestions and it should not be a case of teaching or coaching a sport to children. The sport or activity should be used as a context and a background for children to develop a wider range of physical skills – and apply a wider range of thinking, social and creative skills. The ‘sport’ should be modified quite significantly to ensure that rules are appropriate. Game situations should to small sided (2v2, 3v2, 3v3 etc) to ensure all children are engaged in active in the game, not standing on the periphery.