

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Net and Wall Games Directing the ball Gymnastics Travelling with a change of direction	Invasion Games Passing Dance Linking dance actions	Striking and Fielding Striking the ball/Fielding in a team Gymnastics Stretching and curling	Net and Wall Games Directing the ball Invasion Games Creating space	Athletics Running, jumping & throwing Outdoor and Adventurous Activities	Athletics Develop techniques Striking and Fielding

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Net and Wall Games Gymnastics Balance	Invasion Games Controlling & Receiving Dance Re-telling a story	Striking and Fielding Striking the ball/Fielding in a team Gymnastics Receiving body weight	Net and Wall Games Directing the ball Invasion Games Keeping possession of the ball	Athletics Running, jumping & throwing Outdoor and Adventurous Activities	Athletics Develop techniques Striking and Fielding

Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Net and Wall Games Tactics/Skills Gymnastics Unit 1 - Flight Swimming	Invasion Games Support Play & Formations Dance Putting on a Dance Performance Swimming	Striking and Fielding Learning different roles Gymnastics Unit 2 - Bridges	Net and Wall Games Develop Individual Shots Invasion Games Support Play and Progression	Athletics Develop technical understanding OAA	Athletics Develop techniques & understanding Striking and Fielding

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Net and Wall Games Developing Game Play Gymnastics Matching/ Mirroring	Invasion Games Tactics Dance Putting on a performance	Striking and Fielding Learning different roles Gymnastics Counter-balance/ tension	Net and Wall Games Tactics/Skills Invasion Games Attacking & Defending	Athletics Develop technical understanding Outdoor and Adventurous Activities	Athletics Develop techniques & understanding Striking & Fielding