

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Reception	Fine motor skills	Fine motor skills	Fine motor skills	Fine motor skills	Fine motor skills	Fine motor skills
	One handed tools	-clockwise/anti-	Independently	Develop written	Develop letter	Show care when
	– grip, letter	clockwise	demonstrate fine	letters-increase	formation	drawing
	formation	movements	motor skills-	fluency	Use scissors,	Write with
	Gross Motor	-use equipment	writing with	Use scissors safely	cutlery,	increasing fluency
	Riding bikes	effectively	accuracy and	and accurately	paintbrushes with	Gross Motor
	Balance on	-develop posture	control, using tools	Show control over	accuracy	Take part in sports
	equipment	when sitting at a	Gross Motor	objects	Gross Motor	day
		table	-Use apparatus to	Gross Motor	Negotiate space	Demonstrate
		-use of scissors	balance	Move with control	and avoid	strength and co-
		Gross Motor	-explore different	and grace	obstacles	ordination
	Balance	-develop a fluent	ways of moving	Develop core	kick big ball	Negotiate space
	Coordination	style of movement		muscles	skip, hop and	
	Movement (self	(dance)	Balance	Show co-	stand on one leg	
	and equipment)	Collaborate with	Coordination	ordination,		
		others to manage	Movement (self	balance and agility		
		large items	and equipment)	when travelling	Balance	Balance
				Combine	Coordination	Coordination
		Balance		movements with	Movement (self	Movement (self
		Coordination		ease	and equipment)	and equipment)
		Movement (self			Agility	Agility
		and equipment)		Balance	Spatial Awareness	Spatial Awareness
				Coordination		Performance
				Movement (self		Rules
				and equipment)		
				Agility		
				Spatial Awareness		

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Year 1	Movement	Dance	Gymnastics	Throwing	Sending and	Target Games
	Movement (self	Balance	Balance	Movement (self	Receiving	Balance
1 hour	and equipment)	Performance	Performance	and equipment)	(Team games)	Rules
	Agility	Movement (self	Movement (self)	Agility	Attacking and	Movement (self
	Coordination	and equipment)	Agility	Coordination	defending	and equipment)
	Spatial Awareness	Agility	Coordination	Spatial Awareness	Rules	Coordination
		Coordination	Spatial Awareness	Catching	Coordination	Spatial Awarenes
		Spatial Awareness		Movement (self	Spatial Awareness	
				and equipment)		
				Agility		
				Coordination		
				Spatial Awareness		



Year 1 30 minutes	Team Building (OAA) Movement (self and equipment) Agility Coordination Spatial Awareness	Fundamentals Balance Movement (self and equipment) Coordination Spatial Awareness	Yoga Balance Movement (self and equipment) Coordination Spatial Awareness	Ball Skills Balance Movement (self and equipment) Agility Coordination Spatial Awareness	Fitness Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Athletics Rules Movement (self and equipment) Agility Coordination Spatial Awareness
Year 2 1 hour	Throwing Movement (self and equipment) Agility Coordination Spatial Awareness	Dance Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Gymnastics Balance Performance Movement (self) Agility Coordination Spatial Awareness	Team games Attacking and defending Rules Movement (self and equipment) Agility Coordination Spatial Awareness	Catching Movement (self and equipment) Agility Coordination Spatial Awareness	Striking Attacking and defending Movement (equipment) Agility Coordination Spatial Awareness
Year 2 30 minutes	Team Building (OAA) Movement (self and equipment) Agility Coordination Spatial Awareness	Movement Movement (self and equipment) Agility Coordination Spatial Awareness	Yoga Balance Movement (self and equipment) Coordination Spatial Awareness	Ball Skills Balance Movement (self and equipment) Agility Coordination Spatial Awareness	Fitness Balance Performance Movement (self and equipment) Agility Coordination Spatial Awareness	Athletics Rules Movement (self and equipment) Agility Coordination Spatial Awareness

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Year 3	Football	Dance	Gymnastics	Netball	Tennis	Cricket
1 hour	Attacking and	Balance	Balance	Attacking and	Attacking and	Attacking and
1 11001	defending	Performance	Performance	defending	defending	defending
	Rules	Movement (self	Movement (self)	Rules	Rules	Rules
	Movement (self	and equipment)	Agility	Movement (self	Movement (self	Tactics
	and equipment)	Agility	Coordination	and equipment)	and equipment)	Movement (self
	Agility	Coordination	Spatial Awareness	Agility	Agility	and equipment)
	Coordination	Spatial Awareness		Coordination	Coordination	Agility
	Spatial Awareness			Spatial Awareness	Spatial Awareness	Coordination
						Spatial Awareness
Year 3	OAA	Fundamentals	Yoga	Ball Skills	Fitness	Athletics
30 minutes	Movement (self	Balance	Balance	Balance	Balance	Rules
50 minutes	and equipment)	Movement (self	Movement (self	Movement (self	Performance	Movement (self
	Agility	and equipment)	and equipment)	and equipment)	Movement (self	and equipment)
	Coordination	Coordination	Coordination	Agility	and equipment)	Agility
	Spatial Awareness	Spatial Awareness	Spatial Awareness	Coordination	Agility	Coordination
				Spatial Awareness	Coordination	Spatial Awareness
					Spatial Awareness	
Year 4	Hockey	Dance	Gymnastics	Swimming	Cricket	Tennis
	Attacking and	Balance	Balance	Balance	Attacking and	Attacking and
1 hour	defending	Performance	Performance	Performance	defending	defending
	Rules	Composition	Composition	Movement (self	Rules	Rules
	Tactics	Movement (self	Movement (self	and equipment)	Tactics	Tactics
	Movement (self	and equipment)	and equipment)	Agility	Movement (self	Movement (self
	and equipment)	Agility	Agility	Coordination	and equipment)	and equipment)
	Agility	Coordination	Coordination	Spatial Awareness	Agility	Agility
	Coordination	Spatial Awareness	Spatial Awareness		Coordination	Coordination
	Spatial Awareness				Spatial Awareness	Spatial Awareness
Year 4	OAA	Fundamentals	Yoga	Ball Skills	Fitness	Athletics
30 minutes	Movement (self	Balance	Balance	Balance	Balance	Rules
30 minutes	and equipment)	Movement (self	Movement (self	Movement (self	Performance	Movement (self
	Agility	and equipment)	and equipment)	and equipment)		and equipment)

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	Coordination	Coordination	Coordination	Agility	Movement (self	Agility
	Spatial Awareness	Spatial Awareness	Spatial Awareness	Coordination	and equipment)	Coordination
				Spatial Awareness	Agility	Spatial Awareness
					Coordination	
					Spatial Awareness	
Year 5	Tag rugby	Dance	Gymnastics	Football	Cricket	Frisbee golf
	Attacking and	Balance	Balance	Attacking and	Attacking and	Rules
1 hour	defending	Performance	Performance	defending	defending	Movement (self
	Rules	Composition	Composition	Rules	Rules	and equipment)
	Tactics	Movement (self	Movement (self	Tactics	Tactics	Coordination
	Movement (self	and equipment)	and equipment)	Movement (self	Movement (self	Movement (self
	and equipment)	Agility	Agility	and equipment)	and equipment)	and equipment)
	Agility	Coordination	Coordination	Agility	Agility	Agility
	Coordination	Spatial Awareness	Spatial Awareness	Coordination	Coordination	Coordination
	Spatial Awareness			Spatial Awareness	Spatial Awareness	Spatial Awareness
Year 5	OAA	Dodgeball	Yoga	Fitness	Handball	Athletics
30 minutes	Movement (self	Attacking and	Balance	Balance	Attacking and	Movement (self
30 minutes	and equipment)	defending	Movement (self	Performance	defending	and equipment)
	Agility	Rules	and equipment)	Movement (self	Rules	Agility
	Coordination	Tactics	Coordination	and equipment)	Tactics	Coordination
	Spatial Awareness	Movement (self	Spatial Awareness	Agility	Movement (self	Spatial Awareness
		and equipment)		Coordination	and equipment)	
		Agility		Spatial Awareness	Agility	
		Coordination			Coordination	
		Spatial Awareness			Spatial Awareness	
Year 6	Netball	Dance	Gymnastics	Hockey	Tag Rugby	Rounders
1 hour	Attacking and	Balance	Balance	Attacking and	Attacking and	Attacking and
111001	defending	Performance	Performance	defending	defending	defending
	Rules	Composition	Composition	Rules	Rules	Rules
	Tactics	Movement (self	Movement (self	Tactics	Tactics	Tactics
	Movement (self	and equipment)	and equipment)	Movement (self	Movement (self	Movement (self
	and equipment)	Agility	Agility	and equipment)	and equipment)	and equipment)



	Agility	Coordination	Coordination	Agility	Agility	Agility		
	Coordination	Spatial Awareness	Spatial Awareness	Coordination	Coordination	Coordination		
	Spatial Awareness			Spatial Awareness	Spatial Awareness	Spatial Awareness		
Year 6 30	OAA	Dodgeball	Yoga	Fitness	Handball	Athletics		
minutes	Movement (self	Attacking and	Balance	Balance	Attacking and	Movement (self		
minutes	and equipment)	defending	Movement (self	Performance	defending	and equipment)		
	Agility	Rules	and equipment)	Movement (self	Rules	Agility		
	Coordination	Tactics	Coordination	and equipment)	Tactics	Coordination		
	Spatial Awareness	Movement (self	Spatial Awareness	Agility	Movement (self	Spatial Awareness		
		and equipment)		Coordination	and equipment)			
		Agility		Spatial Awareness	Agility			
		Coordination			Coordination			
		Spatial Awareness			Spatial Awareness			
Links to	Pupils should be taug	ght to:						
Key Stage	- Use a range of tactics and strategies to overcome opponents in direct competition.							
Rey Stage	- Develop their technique and improve their performance in other competitive sports.							
3	- Perform dances using advanced dance techniques within a range of dance styles and forms.							
	 Take part in out 	door and adventurous	activities which prese	ent intellectual and ph	ysical challenges.			
	 Analyse their pe 	rformances compared	to previous ones and	demonstrate improve	ement to achieve their	personal best.		

• Swimming TBC