



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	OAA – Forest School	OAA – Forest School	OAA – Forest School	OAA – Forest School	OAA – Forest School	OAA – Forest School
	Multi-skills	Multi-skills	Gymnastics	Gymnastics	Athletics skills/Sports Day	Athletics skills
Year 1	OAA – Forest School	Invasion Games PAFC (ball control)	Gymnastics (balance and jumping)	OAA – Forest School	Athletics skills/Sports Day (running, jumping & throwing)	Multi-skills (receive a ball with basic control)
	Dance (travelling)	Multi-skills	OAA – Forest School	Dance (mirroring)	OAA – Forest School	OAA – Forest School
Year 2	Invasion Games – PAFC (finding space)	Gymnastics (rolling)	Gymnastics (balancing on equipment)	Multi-skills (throwing and catching)	Invasion Games (aiming)	Net/wall (Tennis) (hand-eye co-ordination and hitting)
	Multi-Skills (ABC)	Dance Great Fire of London responding to music- different shapes and speed/canon	Invasion Games (attacking and defending- simple games)	Dance- (traditional: partner work- unison/motif)	Athletics skills (throwing techniques)	Striking/Fielding (aiming & positioning)
Year 3	Dance (motifs for different stimuli)	Invasion Games (defensive tactics)	Gymnastics (shapes and sequencing)	Invasion Games Tag Rugby (basic skills)	Athletics (stamina)	Invasion Games PAFC (teamwork - passing)
	Net/Wall (Tennis) (hitting placement)	Gymnastics (balancing- symmetrical and asymmetrical shapes)	Invasion Games- Basketball (possession)	OAA – Forest School	Dance (contemporary)	Striking & Fielding (Cricket/rounders) (fielding & positions)

Year 4	OAA – Forest School	Gymnastics (advanced travelling-shape, speed & direction)	Dance (working at different levels and body position)	Invasion Games- PAFC (attacking and defending)	Athletics (throwing technique)	Striking & Fielding (Cricket/rounders) (bowling)	
	Invasion Games Tag Rugby (passing and travelling)	Dance (canon and unison)	Invasion Games- Basketball (shooting/set ups)	Gymnastics (jumping)	Swimming	Swimming	Net/Wall (Tennis rallies)
Year 5	Gymnastics (Counter balancing)	Invasion Games- Hockey (handling and control)	Dance (working at different levels and body position)	OAA: Forest School /Orienteering- (Navigate a simple map)	Invasion Games- PAFC (Passing to space and corners)	Athletics (sprinting and relays)	
	Invasion Games- Touch Rugby (attacking and defending)	Invasion Games- Netball (throws and positions)	Health Related Exercise (circuits- creating a warm up)	Dance (traditional partner work- unison/motif)	Striking & Fielding (Cricket/Rounders) (getting people out/tactics)	Net/Wall (Tennis (volleying))	
Year 6	Invasion Games- Netball (scoring & set ups & Rules and laws of High 5s; full game)	Sports Leadership	Invasion Games- PAFC (decision making in attacking & shooting at goal)	OAA/Orienteering (use a map to set up and complete an orienteering course)	Invasion Games- Hockey (attacking and defending)	Athletics (body positions/throwing techniques/partner coaching)	
	Gymnastics (partner sequence)	Health Related Exercise (circuits- evaluating and improving performance)	Invasion Games- Touch Rugby (attacking and defending)	Dance (use dramatic expression in dance movements and motifs)	Striking & Fielding (Cricket/Rounders) (bowling)	Net/Wall (Tennis - serving and ball speed)	