

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Balance <i>stand on one leg</i> Ways of travelling <i>skip, hop, jump</i>	Dance Make big movements	Gymnastics / Ways of travelling <i>over and under</i> <i>equipment with</i> <i>confidence</i>	Ball skills <i>roll a ball with control,</i> <i>passing, target</i>	Ball skills / Cricket Catching and throwing, batting, fielding	Athletics (Sports day) <i>Running, jumping,</i> <i>target, throwing,</i> <i>co-ordination</i>
Year 1	Football <i>Running, jumping,</i> <i>passing, throwing,</i> <i>target, team games</i>	Tennis <i>Bat and ball,</i> <i>Target</i> <i>Co-ordination</i>	Gymnastics <i>Movement, pattern, co-</i> <i>ordination, strength</i>	Rugby <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Cricket <i>Throwing, catching</i> <i>Attacking /</i> <i>defending</i>	Athletics (Sports day) <i>Running, jumping,</i> <i>target, throwing,</i> <i>co-ordination</i>
Year 2	Football <i>Running, jumping,</i> <i>passing, throwing,</i> <i>target, team games</i>	Tennis <i>Bat and ball,</i> <i>Target</i> <i>Co-ordination</i>	Dance <i>Perform dances using</i> <i>simple movement</i> <i>patterns</i>	Rugby <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Cricket <i>Throwing, catching</i> <i>Attacking /</i> <i>defending</i>	Athletics (Sports day) <i>Running, jumping,</i> <i>target, throwing,</i> <i>co-ordination</i>
Year 3	Football <i>Running, jumping,</i> <i>passing, throwing,</i> <i>target, team games</i>	Tennis <i>Bat and ball,</i> <i>Target</i> <i>Co-ordination</i>	Gymnastics <i>Movement, pattern, co-</i> <i>ordination, strength</i>	Rugby <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Hockey <i>Throwing, catching</i> <i>Attacking /</i> <i>defending</i>	Athletics (Sports day) <i>Running, jumping,</i> <i>target, throwing,</i> <i>co-ordination</i>
Year 4	Football <i>Running, jumping,</i> <i>passing, throwing,</i> <i>target, team games</i>	Tennis <i>Bat and ball,</i> <i>Target</i> <i>Co-ordination</i>	Dance <i>Perform dances using a</i> <i>range of movement</i> <i>patterns</i>	Rugby <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Cricket <i>Throwing, catching</i> <i>Attacking /</i> <i>defending</i>	Athletics (Sports day) <i>Running, jumping,</i> <i>target, throwing,</i> <i>co-ordination</i>
Year 5	Football <i>Running, jumping,</i> <i>passing, throwing,</i> <i>target, team games</i>	Tennis <i>Bat and ball,</i> <i>Target</i> <i>Co-ordination</i>	Gymnastics <i>Movement, pattern, co-</i> <i>ordination, strength</i>	Rugby / Netball <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Hockey <i>Throwing, catching</i> <i>Attacking /</i> <i>defending</i>	Athletics (Sports day) <i>Running, jumping,</i> <i>target, throwing,</i> <i>co-ordination</i>
Year 6	Football <i>Running, jumping,</i> <i>passing, throwing,</i> <i>target, team games</i>	Tennis <i>Bat and ball,</i> <i>Target</i> <i>Co-ordination</i>	Dance <i>Perform dances using a</i> <i>range of movement</i> <i>patterns, compare and</i> <i>evaluate their</i> <i>performances</i>	Rugby / Netball <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Cricket <i>Throwing, catching</i> <i>Attacking /</i> <i>defending</i>	Athletics (Sports day) <i>Running, jumping,</i> <i>target, throwing,</i> <i>co-ordination</i>

