

**YEAR A-**

Year Gp.	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	Extra Curricular
EYFS/1	<b>Orientation Unit</b> <b>Creative Movement</b> Gross Motor Skills and core strength, circle games	<b>Balance (gymnastics)</b> Static and dynamic, co-ordination, safety	<b>Co-ordination</b> Whole body: Jump, hop, skip, run, walk Hand / Eye co-ordination	<b>Agility</b> Moving at speed, changing direction Moving in different ways	<b>Multiskills</b> Consolidation: Moving in different ways Moving with a ball / object	<b>Multiskills/Team games</b> Personal best, Working with others and simple rules	T6 – Sports Day T6 – Residential Forest schools-ongoing Healthy 10
2	<b>Multi-skills</b> Sending and receiving: Rolling and aiming / Throwing and catching Target games 4 lessons 2 lessons –kicking, controlling with feet	<b>Multi-skills</b> 2 lessons controlling with feet 4 lessons – overarm and underarm throws Sending and receiving;	<b>Gymnastics</b> Core strength, jumping and landing, travelling, basic shapes, control safety	<b>Dance</b> Simple sequence work Speed and direction	<b>Games – striking and fielding</b> Hand eye co-ordination; striking, throwing, catching	<b>Athletics-</b> Personal best Running	T6 – Sports Day T6 – Residential Forest schools-ongoing Healthy 10
	<b>OAA</b> Problem-solving, teamwork and resilience	<b>Dance</b> Moving in different ways Simple movement patterns	<b>Games - net wall</b> Hand eye co-ordination, striking, throwing, catching	<b>Games – invasion</b> Tactics – dodging, moving into space, sending to space Controlling an object with hands (tag rugby)	<b>Multi-Skills</b> Quick cricket-throwing, receiving	<b>Games invasion</b> Tactics - dodging, moving into space, sending to space Controlling a ball with feet	
3&4	<b>Games – invasion Hockey</b>	<b>Dance</b> Rhythm and simple choreography Levels, pathways	<b>Gym</b> Creating sequences Levels, pathways	<b>Games – invasion</b> Netball	<b>Fit ‘n’ Healthy: Flexible Feelings</b> Creative movement and self-regulation, exercise and mental health	<b>Athletics</b> Jumping for height Throwing for distance Running for speed Relays	T6 – Sports Day T? – Residential Forest schools-ongoing Maypole dancing Healthy 10
	<b>OAA</b> Problem-solving, teamwork and resilience	<b>Rounders</b> Hand/eye co-ordination	<b>Football-invasion</b> Controlling an object with feet, tactics, team game	<b>Benchball</b> Invasion, throwing and catching	<b>Games – net/wall</b> <b>Tri-golf</b> Hand eye co-ordination, striking,	<b>Games – n/w</b> <b>Tennis</b>	

					throwing, catching, tactics	Hand eye co-ordination; striking, throwing, catching Tactics	
<b>5&amp;6</b>	<b>Playground Leadership</b>	<b>Dance</b> Composing and choreographing	<b>Gym</b> Creating sequences; linking and combining movements, evaluation and improvement	<b>PA and Health</b> Components of fitness Physical and mental health	<b>Fit 'n' Healthy: Healthy Body, Healthy Mind</b> Creative movement and relaxation	<b>Athletics</b> Personal best	T6 – Sports Day T? – Residential Forest schools-ongoing Maypole dancing Healthy 10
	<b>OAA</b> Problem-solving, teamwork and resilience	<b>Games – invasion Football</b>	<b>Games invasion Netball</b>	<b>Games n/w Rounders</b>	<b>Dance</b> Look at different dance genres	<b>Games n/w Tennis</b> Hand eye co-ordination; striking, throwing, catching Tactics	

## YEAR B

Year Gp.	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	Extra Curricular Comps / Learning
EYFS	<b>Orientation Unit: Creative Movement</b> Dressing and Undressing, Spatial awareness, key vocab	<b>BEAM</b> Gross motor and core strength	<b>BEAM</b> Gross motor and core strength	<b>BEAM</b> Gross motor and core strength	<b>Gymnastics</b> Balance, co-ordination, safety)	<b>Team Games</b> Working with others and simple rules	T6 – Sports Day
	<b>Orientation Unit Creative Movement</b> Gross Motor Skills and core strength Personal and Social skills	<b>Balance</b> Static and dynamic	<b>Co-ordination</b> Whole body: Jump, hop, skip, run, walk Hand Eye – Throw and catch	<b>Agility</b> Moving at speed, changing direction	<b>Multiskills</b> Moving in different ways	<b>Multiskills</b> Personal best	
1&2	<b>Multiskills</b> Sending and receiving; Rolling and aiming Throwing and catching	<b>Multiskills</b> Striking a ball / object using an implement.	<b>Gymnastics</b> Core strength, ABC – rolling, hanging, climbing, swinging control safety	<b>Gym (Year A)/ Dance (year B)</b> ABC Simple sequence work <i>Core Task: Cat dance</i>	<b>Games – striking and fielding</b> Hand eye co-ordination; striking, throwing, catching <i>HLJ Skills Challenges: 6 &amp; 7</i>	<b>Multi skills</b> Personal best <i>HLJ Skills challenges 1,2,3,4 &amp;5</i>	T5 – Mini Olympics T6 – Sports Day
	<b>OAA</b> Orienteering, leadership and mapwork	<b>Dance</b> Core strength and ABC Moving in different ways Simple movement patterns	<b>Games - net wall</b> Hand eye co-ordination, striking, throwing, catching	<b>Games – invasion</b> Tactics – dodging, moving into space, sending to space Controlling an object with hands / feet	<b>Fit ‘n’ Healthy: Flexible Friends</b> Creative movement and social skills <i>HLJ Skills Challenges: 8 &amp; 9</i>	<b>Games invasion</b> Tactics - dodging, moving into space, sending to space Controlling a ball with feet / hands	
3&4	<b>Games – invasion Rugby</b>	<b>Dance</b> Rhythm and simple choreography	<b>Gym</b> Creating sequences	<b>Bikeability</b>	<b>Fit ‘n’ Healthy: Flexible Feelings</b> Creative movement and self-regulation <i>HLJ Skills Challenges:</i>	<b>Athletics</b> Jumping for distance Throwing for distance Pacing Relays	T4 – Netball comp T5 – cricket comp T6 – Sports Day / Rounders match

					8 & 9	HLJ Skills Challenges: 1-5	
	<b>OAA</b> Orienteering, mapwork and leadership	<b>Games</b>	<b>Games – invasion netball</b>	<b>PA and Health</b> Physical activity and mental health; Healthy Body, Healthy Mind	<b>Games – s/f Cricket</b> <b>Assessment: Hot and cold</b>	<b>Games – striking /fielding Runders</b> <b>Assessment: Hot and Cold</b> <i>HLJ Skills Challenges: 6 &amp; 7</i>	
<b>5&amp;6</b>	<b>Playground Leadership</b> Playmaker Award	<b>Dance</b> Composing and choregraphing	<b>Gym</b>	<b>PA and Health</b> Exercise and nutrition Cycling	<b>Games s/f Cricket</b> Assessment: Hot and Cold	<b>Athletics</b> <i>HLJ Skills Challenges: 1-5</i>	T1 – 1 day team challenge (Bowles) T4 – Health & Wellbeing Week T5 – lead mini olymp. T6 – PGL / Sports Day / rounders match Football league Netball league
	<b>OAA</b> Orienteering, mapwork and leadership	<b>Games – invasion Football</b>	<b>Games – invasion Netball</b>	<b>Gym -golf</b>	<b>Fit ‘n’ Healthy: Healthy Body, Healthy Mind</b> Creative movement and relaxation <i>HLJ Skills Challenges: 8 &amp; 9</i>	<b>Games s/f Runders</b> Hand eye co- ordination; striking, throwing, catching Tactics Assessment: Hot and Cold <i>HLJ Skills Challenges: 6 &amp; 7</i>	
<b>Extra-Curricular clubs</b>							