

EYFS/Y1/Y2				
Term	Class	Year A	Year B	Year C
Autumn	EYFS/ Y1	Fundamentals (Locomotion & Balance) Ball Skills & Team Games	Gymnastics (Travel & Sequences) Fundamentals (Agility)	Fundamentals (Pathways & Speed) Invasion Games (Basic Tactics)
	Y1/2	Fundamentals (Locomotion & Balance) Ball Skills & Team Games	Gymnastics (Travel & Sequences) Fundamentals (Agility)	Fundamentals (Pathways & Speed) Invasion Games (Basic Tactics)
Spring	EYFS/ Y1	Gymnastics (Shapes & Movement) Dance (Story or Animals)	Dance (Seasons or Themes) Striking & Fielding	Gymnastics (Partner Work) Target Games
	Y1/2	Gymnastics (Shapes & Movement) Swimming	Dance (Seasons or Themes) Swimming	Gymnastics (Partner Work) Swimming
Summer	EYFS/ Y1	Swimming Athletics (Running, Jumping)	Swimming Athletics (Obstacle & Relay)	Swimming Outdoor Adventurous Activities (OAA)
	Y1/2	Dance (Story or Animals) Athletics (Running, Jumping)	Athletics (Obstacle and Relay) Striking and Fielding	Target games Outdoor Adventurous Activities (OAA)

Year 3				
Term	Indoor Unit	Outdoor Unit	NC Coverage Highlights	Notes
Autumn 1	Swimming	Fundamentals of Movement	- Swim 25m- Use a range of strokes- Basic movement skills	Fundamentals includes agility, balance, coordination. Ideal on playground or field alongside swim.
Autumn 2	Swimming	Target & Ball Skills	- Swimming NC- Throwing, catching, aiming, underarm/overarm technique	Target games support motor skills and are accessible to all.
Spring 1	Gymnastics: Shapes & Sequences	Net & Wall Games (e.g. Tennis skills)	- Flexibility, balance, control- Apply sending/receiving skills in game situations	Gymnastics indoors with apparatus; net/wall games develop striking and spatial awareness.
Spring 2	Dance: Topic or Cultural Theme	Invasion Games: Tag Rugby	- Perform dances using movement patterns- Use tactics, pass/receive, teamwork	Dance links with curriculum themes; invasion games progress from Autumn's ball work.
Summer 1	Fitness Circuits (indoor option)	Striking & Fielding: Games (e.g. Rounders)	- Improve stamina and strength- Use running, jumping, throwing in isolation and combination	Use indoor space if weather is poor; fitness circuits can be differentiated.
Summer 2	Dance/ Gymnastics to develop skills	Athletics: Running, Jumping, Throwing	- Use basic fielding/striking skills- Apply rules in mini matches	Begin with skills (throw, strike, field) indoors, then apply them outdoors in game play.

Year 4				
Term#	Indoor Unit	Outdoor Unit	NC Coverage Highlights	Notes
Autumn 1	Gymnastics: Balance & Transitions	Invasion Games: Football or Basketball	- Develop balance, control, strength- Competitive games with attacking and defending tactics	Build complex sequences indoors; outdoor focus on team roles and positioning
Autumn 2	Dance: Mood & Atmosphere	OAA (Outdoor Adventurous Activities)	- Perform dances using patterns & expression- Problem solving, communication, map use	Dance explores movement motifs; OAA focuses on teamwork and navigation
Spring 1	Fitness & Conditioning (Circuits)	Net & Wall Games (e.g. Tennis or Volleyball)	- Improve stamina, strength, agility- Develop striking, spatial awareness, tactical thinking	Circuits use varied equipment; net/wall introduces rules and game structure
Spring 2	Gymnastics: Flight & Vaulting	Invasion Games: Hockey or Handball	- Jumping, landing, use of apparatus- Play competitive games using space and rules	Vaulting builds confidence; outdoor game introduces new equipment use (e.g. sticks, hand passes)
Summer 1	Dance: Linked to Culture/History Topic	Striking & Fielding: Team Games (e.g. Rounders or Cricket)	- Choreograph sequences- Improve personal bests in running, jumping and throwing	Dance ties to curriculum (e.g. Romans, Egyptians); athletics works toward measurable improvement
Summer 2	Creative Movement / Dance: Group Choreography	Athletics: Skills and Technique	- Refine striking, catching, fielding- Play full team games applying tactics and rules	Begin indoors with drills if needed; move outdoors for full game application

Year 5

Term#	Indoor Unit	Outdoor Unit	NC Coverage Highlights	Notes
Autumn 1	Dance - Street Jazz	Invasion Games: Football	- Perform dances using a range of movement patterns with control and fluency. - Develop passing, dribbling and shooting techniques with increasing accuracy.	Build complex sequences indoors; outdoor focus on team roles and positioning
Autumn 2	Pilates	Invasion Games: Tag Rugby	- Develop strength, flexibility and balance through controlled movement. - Develop defensive techniques such as tagging and positioning.	Dance explores movement motifs; OAA focuses on teamwork and navigation
Spring 1	Gymnastics:	Netball	- Combine actions (e.g. rolls, balances, jumps) with increasing complexity. - Develop passing, catching and movement skills under pressure.	Circuits use varied equipment; net/wall introduces rules and game structure
Spring 2	Dance - Tudor	Tennis	- Perform dances using historical themes and expressive movement. - Develop striking skills using forehand and backhand techniques.	Vaulting builds confidence; outdoor game introduces new equipment use (e.g. sticks, hand passes)
Summer 1	Gymnastics	Striking & Fielding: Kwik Cricket	- Perform more complex sequences on apparatus with control and confidence. - Develop batting and bowling techniques with control and accuracy.	Dance ties to curriculum (e.g. Romans, Egyptians);
Summer 2		Athletics and Rounders	- Improve performance in athletic events through technique and effort. -Apply striking and fielding skills in rounders game situations.	Begin indoors with drills if needed; move outdoors for full game application

Year 6

Term#	Indoor Unit	Outdoor Unit	NC Coverage Highlights	Notes
Autumn 1	Gymnastics	Netball	- develop strength, flexibility, control and balance by performing and refining increasingly complex sequences with fluency and precision. - apply attacking and defending principles, using accurate passing, movement and teamwork in competitive games.	Build complex sequences indoors; outdoor focus on team roles and positioning
Autumn 2	Dance - WWII	Hockey	Perform expressive dances that communicate character, narrative and emotion, using controlled movement and effective use of space. - Develop control and accuracy in dribbling, passing and shooting while applying tactical awareness in competitive invasion games.	Dance ties to curriculum (e.g. Romans, Egyptians); Y6 Hockey Club
Spring 1	Dance - Music Hall	Tag Rugby	- Perform structured dance sequences with timing, coordination and expression, responding creatively to musical and historical stimuli. - Use advanced throwing, catching and evasion skills, applying teamwork and tactics in competitive game situations.	Circuits use varied equipment; net/wall introduces rules and game structure Y6 Hockey Club
Spring 2	Gymnastics	Ultimate Frisbee	- Combine strength, balance and flexibility to create and evaluate complex routines, demonstrating control and compositional understanding. - Apply throwing, catching and spatial awareness skills, using tactics and fair play in competitive, self-officiated games.	
Summer 1	Dance - Ballroom	Cricket	- Perform partner dances with rhythm, coordination and control, maintaining posture, timing and mutual awareness. - Apply refined striking, bowling and fielding skills, using tactical awareness and teamwork in competitive games.	Dance explores movement motifs; OAA focuses on teamwork and navigation
Summer 2		Athletics and Rounders	- Improve performance in running, jumping, throwing and striking through technique, competition and personal bests.	Begin indoors with drills if needed; move outdoors for full game application