

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 1	Fundamentals Introduce balance, jump, hop, run, speed, agility, dodge, skip, co-ordination	Gymnastics Introduce travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll	Dance Introducing actions, dynamics, space, relationships	Fitness Introduce run, jump, co-ordination, stamina, strength, agility, balance	Athletics run, balance, agility, co-ordination, hop, jump, leap, throw	Team Building run, jump, hit, balance, co-ordination, trust, communication, inclusion
Year 2	Fundamentals Refine balance, jump, hop, run, speed, agility, dodge, skip, co-ordination	Gymnastics Refine shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll	Dance To refine actions, dynamics, space, relationships	Fitness Refine run, hop, skip, jump, co-ordination, stamina, strength, agility, balance	Athletics run, jump for distance, jump for height, throw for distance, throw for accuracy	Team Building run, jump, Balance, co-ordination, support and encourage others, communication, inclusion, trust, kindness.
Year 3	Gymnastics Point and patch balances, jumps, straight roll, barrel roll, forward roll from apparatus	Dance Perform dances using a range of movement patterns relating to an idea.		Swimming Swim 25M Water Safety Water rescue		
Year 4	Swimming Swim 25M Water Safety Water rescue			Gymnastics Linking individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand	Dance Pupils focus on creating characters and narrative through movement and gesture.	Dodgeball Develop throwing, catching, dodging, jumping and understanding the rules of the game.
Year 5	Gymnastics Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand	Dance Pupils learn different styles of dance, working individually, as a pair and in small groups.		Alternate An opportunity for pupils to engage in a wider variety of sports using martial arts (such as Taekwondo, Judo or Jujitsu).	Badminton Underarm forehand, underarm backhand, overarm forehand, serve, rally, run. Apply knowledge and skills to games.	Volleyball throw, catch, jump, set, dig, serve, rally Apply skills to rally or compete against a single opponent
Year 6	Gymnastics Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight	Dance Focusing on a theme or idea, pupils will use different choreographing tools to create dances using formations, timing and dynamics.		Fitness agility, balance, co-ordination, speed, stamina, strength	Alternate The same opportunity for pupils to develop their skills, knowledge and promote a love for physical activity.	Dodgeball Make decisions, select and apply tactics to games situations.