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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Nursery | Beginner Games Physical Literacy | Beginner Games Physical Literacy | Beginner Gymnastics  Physical Literacy | Beginner Gymnastics  Physical Literacy | Beginner Games Physical Literacy continued. | Beginner Games Physical Literacy continued. |
| Reception | Intermediate Games Physical Literacy | Intermediate Games  Physical Literacy | Intermediate Gymnastics  Physical Literacy | Intermediate Gymnastics Physical Literacy | Intermediate Games Physical Literacy continued. | Intermediate Games Physical Literacy continued. |
| Year 1 | Physical Literacy | Games Unit 1 – Focus on Ball Skills and Games | Physical Literacy | Games Unit 2 – Throwing and Catching – Aiming Games | Physical Literacy | Unit 3 – Bat/Ball skills |
| Gym Unit E – Points and Patches  Dance Unit 1 – Streamers, Conkers, Playing with a ball | | Gym Unit F – Rocking and Rolling  Dance Unit 2 -March, March, March and Jack and the Beanstalk | | Gym Unit G – Wide, Narrow, Curled  Dance Unit 4 – The Rainbow Fish and We’re going on a bear hunt | |
| Year 2 | Games – Unit 2 Making games | Physical Literacy | Games Unit 3 – Dribbling, kicking and hitting | Physical Literacy | Games Unit 4 –Group games and inventing rules | Physical Literacy |
| Gym Unit H – Parts high and low  Dance Unit 1 – The Cat, Balloons and Reach for the Stars | | Gym Unit J – Turning Spinning Twisting  Dance Unit 2 – Friends, Bubbles and Shadows | | Gym Unit K – linking movements together  Dance Unit 3 – Words and Word Messages, The Three Little Pigs | |
| Year 3 | Games Unit 1 – Ball skills – Invasion Focus | Games Unit 3 – Net/Court/Wall games | Swimming | Swimming | Outdoor Adventurous Activities | Athletics Year 3 Unit 1 |
| Gym Unit L – Stretching, Curling & Arching  Dance Unit 1 – Who am I? and The Language of Dance | | Gym Unit M – Symmetry & Asymmetry  Dance Unit 2 – The Explorers and the Hornpipe | | Gym Unit N - Pathways  Dance Unit 3 – The Eagle and the Fish | |
| Year 4 | Games Unit 1 – Net/ Court wall games | Games Unit 2- Problem solving and inventing games | Games Unit 3 – Invasion games | Games Unit 4 – Striking and fielding | Outdoor Adventurous Activities | Athletics Year 4 Unit 2 |
| Gym Unit P – Balance  Dance Unit 1 – These Shoes are made for walking and Giraffes Can’t Dance | | Gym Unit Q – Receiving body weight  Dance Unit 2 – Electricity | | Gym Unit S – Rolling  Dance Unit 4 – Wimbledon and Musical Statues | |
| Year 5 | Games Unit 1 – Net/ Court wall games | Games Unit 2 – Invasion and target (Ball handling) | Games Unit 3 – Invasion Games (implement and Kicking) | Games Unit 4 – Striking and fielding games | Outdoor Adventurous Activities | Athletics Year 5  Unit 1 |
| Gym Unit T – Bridges  Dance Unit 1 - Rubbish | | Gym Unit U - Flight  Dance Unit 2 – What a Card! and Word power | | Gym Unit W- Spinning & Turning  Dance Unit 3 – City Life and Pleased to see you | |
| Year 6 | Games Unit 1 – Invasion games – Implement and kicking hockey | Games Unit 2 – Net/ Court/ Wall Games - tennis | Games Unit 3 – Striking and fielding games | Games Unit 4 – Invasion games - Ball handling – Netball | Outdoor Adventurous Activities | Athletics  Year 6 Unit 2 |
| Gym Unit X – Matching & Mirroring & Contrasting  Dance Unit 1 – The World of Sport and Mix and Match | | Gym Unit Y – Synchronisation & Canon  Dance Unit 2 – Theseus and the Minotaur and Cat’s Cradle | | Gym Unit A – Counter-balance & tension  Dance Unit 4 – Flight from Danger | |