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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 PatchesDance Unit 1 – Streamers, Conkers, Playing with a ball | Gym Unit F – Rocking and RollingDance Unit 2 -March, March, March and Jack and the Beanstalk | Gym Unit G – Wide, Narrow, CurledDance 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 lowDance Unit 1 – The Cat, Balloons and Reach for the Stars | Gym Unit J – Turning Spinning TwistingDance Unit 2 – Friends, Bubbles and Shadows | Gym Unit K – linking movements togetherDance 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 & ArchingDance Unit 1 – Who am I? and The Language of Dance | Gym Unit M – Symmetry & AsymmetryDance Unit 2 – The Explorers and the Hornpipe | Gym Unit N - PathwaysDance 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 – BalanceDance Unit 1 – These Shoes are made for walking and Giraffes Can’t Dance | Gym Unit Q – Receiving body weightDance Unit 2 – Electricity | Gym Unit S – RollingDance 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 5Unit 1 |
| Gym Unit T – BridgesDance Unit 1 - Rubbish | Gym Unit U - FlightDance Unit 2 – What a Card! and Word power | Gym Unit W- Spinning & TurningDance 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 | AthleticsYear 6 Unit 2 |
| Gym Unit X – Matching & Mirroring & ContrastingDance Unit 1 – The World of Sport and Mix and Match | Gym Unit Y – Synchronisation & CanonDance Unit 2 – Theseus and the Minotaur and Cat’s Cradle | Gym Unit A – Counter-balance & tensionDance Unit 4 – Flight from Danger |