

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	Movement & travel	Gymnastics	Dance	Manipulation Skills	Games	Games
<b>Year 1</b>	Games: travel with a ball	Gymnastics	Gymnastics	Games: Parachute	Games: team games	Games: defend & attack
	Throw/Catch	Dance	Dance	Yoga	Run/Jump	Mini-Olympics
<b>Year 2</b>	Games: travel with a ball	Gymnastics	Gymnastics	Games: Parachute	Games: team games	Games: defend & attack
	Throw/Catch	Dance	Dance	Yoga	Run/Jump	Mini-Olympics
<b>Year 3</b>	Games: Football	Gymnastics	Gymnastics	Fitness	Games: Basketball	OAA
	OAA	Games: Dodgeball	Dance	Dance	Athletics	Athletics
<b>Year 4</b>	Games: Netball	Gymnastics	Gymnastics	Fitness	Games: Rounders	OAA
	OAA	Games: Tag Rugby	Dance	Dance	Athletics	Athletics
<b>Year 5</b>	Games: Hockey	Gymnastics	SWIMMING		Games: Tennis	OAA
	Fitness	Dance			Athletics	Athletics
<b>Year 6</b>	Games: Handball	Gymnastics	SWIMMING		Games: Cricket	OAA
	Fitness	Dance			Athletics	Athletics

**Key Stage 1:** Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Participate in team games, developing simple tactics for attacking and defending

Perform dances using simple movement patterns.

**Key Stage 2:** Pupils should be taught to:

Use running, jumping, throwing and catching in isolation and in combination

Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending

Develop flexibility, strength, technique, control and balance.

Perform dances using a range of movement patterns

Take part in outdoor and adventurous activity challenges both individually and within a team

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres

Use a range of strokes effectively

Perform safe self-rescue in different water-based situations.