



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	Throughout the year, children will focus on the following skills: agility & spatial awareness, shapes, receiving, travelling, sending, jumping, coordination, rolling and balance. All sessions have a themed focus, such as superheroes.					
<b>Reception</b>	Throughout the year, children will focus on the following skills: agility & spatial awareness, shapes, receiving, travelling, sending, jumping, coordination, rolling and balance. All sessions have a themed focus, such as superheroes. Children have 1 half term focus on 'dance'.					
<b>Year 1</b>	Ball Skills sending, receiving, throwing, bouncing, striking	Targets Sending, Spatial awareness, co-ordination	Gymnastics Rolls, jumping & balance Invasion Games – Defending & Attacking principles	Team Games Co-ordination – hand eye & foot co-ordination Gymnastics – Rolls, jumping & Balance	Striking & Fielding Fielding – Sending/Receiving  Athletics Track & Field	Wall & Net Sending & receiving
<b>Year 2</b>	Ball Skills sending, receiving, throwing, bouncing, striking	Targets Sending, Spatial awareness, co-ordination	Gymnastics Rolls, jumping & balance Invasion Games – Defending & Attacking principles	Team Games Co-ordination – hand eye & foot co-ordination Gymnastics – Rolls, jumping & Balance	Striking & Fielding Fielding – Sending/Receiving  Athletics Track & Field	Wall & Net Sending & receiving
<b>Year 3</b>	Indoor Athletics track & fielding Jumping, speed, power & strength	Netball Principle of attack / defence, tactics & game play  Football principles of attack / defence / transition / match tactics / game play	Gymnastics Rolls, Jumping & balance	Badminton serving / receiving / Shot selection	Swimming  Athletics track & fielding Jumping, speed, power & strength	Cricket  Rounder & Softball  Bowling, batting, fielding
<b>Year 3/4</b>	Indoor Athletics track & fielding Jumping, speed, power & strength	Netball Principle of attack / defence, tactics & game play  Football principles of attack / defence / transition / match tactics / game play	Gymnastics Rolls, Jumping & balance	Swimming  Badminton serving / receiving / Shot selection	Athletics track & fielding Jumping, speed, power & strength	Cricket  Rounder & Softball  Bowling, batting, fielding

<b>Year 4</b>	Indoor Athletics track & fielding Jumping, speed, power & strength	Netball Principle of attack / defence, tactics & game play  Football principles of attack / defence / transition / match tactics / game play	Swimming  Gymnastics Rolls, Jumping & balance	Badminton serving / receiving / Shot selection	Athletics track & fielding Jumping, speed, power & strength	Cricket  Rounder & Softball  Bowling, batting, fielding
<b>Year 5</b>	Indoor Athletics track & fielding Jumping, speed, power & strength	Swimming  Netball Principle of attack / defence, tactics & game play  Football principles of attack / defence / transition / match tactics / game play	Gymnastics Rolls, Jumping & balance	Badminton serving / receiving / Shot selection	Athletics track & fielding Jumping, speed, power & strength	Cricket  Rounder & Softball  Bowling, batting, fielding
<b>Year 6</b>	Swimming  Indoor Athletics track & fielding Jumping, speed, power & strength	Netball Principle of attack / defence, tactics & game play  Football principles of attack / defence / transition / match tactics / game play	Gymnastics Rolls, Jumping & balance	Badminton serving / receiving / Shot selection	Athletics track & fielding Jumping, speed, power & strength	Cricket  Rounder & Softball  Bowling, batting, fielding  Catch up swimming

- Every class will complete dance sessions for a half term.
- Every class will complete orienteering sessions every half term.