

	<u>Aut1</u>	<u>Aut2</u>	<u>Spr1</u>	<u>Spr2</u>	<u>Sum1</u>	<u>Sum2</u>
Reception	Multi Skills	Multiskills	Dance	Gymnastics	2 Outdoor sessions	
Year 1	Multi Skills	Multi skills	Dance	Gymnastics	2 Outdoor sessions	
Year 2	Multi Skills Fitness Circuits	Multi Skills Fitness Circuits	Dance	Gymnastics	2 Outdoor sessions	
Year 3	Circuit Training	Dance	Gymnastics	Badminton	2 Outdoor sessions	
Year 4	Circuit Training	Dance	Gymnastics	Badminton	2 Outdoor sessions	
Year 5	Fitness Testing	Dance	Gymnastics	Dodgeball	2 Outdoor sessions Fitness tests to be completed again and analysed	
Year 6	Fitness Testing	Dance	Gymnastics	Dodgeball	2 Outdoor sessions Fitness tests to be completed again and analysed	

Summer session

Indoor session may include:

Dodgeball, fitness training, Bench Ball, aerobics, table Tennis (can be played on table in classrooms).

but should mainly be a focus on outdoor games and athletics

	<u>Aut1</u>	<u>Aut2</u>	<u>Spr1</u>	<u>Spr2</u>	<u>Sum1</u>	<u>Sum1</u>	<u>Sum2</u>	<u>Sum2 Sports</u>
Reception	Multi skills	Multi skills	Multi skills	Multi skills	Multi skills linked to teams	Multi skills linked to team sports	Athletics	Sports Day
Year 1	Multi skills (prepare for games activities)	Multi Skills (prepare for games activities)	Football	Tennis	Cricket	Cricket	Athletics	Sports Day
Year 2	Hockey	Hockey	Football	Tennis	Cricket	Cricket	Athletics	Sports Day
Year 3	Tag Rugby	Tag Rugby	Basketball	Table Tennis	Golf	Rounders	Track 100m,200m	Field vertical jumps
Year 4	Hockey	Hockey	Football	Volleyball	Skipping	Rounders	Track 400m, hurdles.	Field vertical jumps
Year 5	Football	Netball	Tennis	Tennis	Outdoor Adventures	Rounders	Cricket	Track and Field 800m, relay horizontal jumps
Year 6	Football	Netball	Tennis	Tennis	Outdoor Adventures	Rounders	Cricket	Track and Field 1500m, relay horizontal jumps

Fundamental movement skills (basis of all sports).

balance
sprint run
vertical jump
side gallop catch
kick

hop
skip
leap
overarm throw
two-hand strike
dodge.