|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Gym | Dance | Health Related Exercise | Ball skills | Attack & defence | Athletics | Locomotion | Other |

**EYFS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|  | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 |
| Nursery | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers | AW Coaching | Sticky Kids & Healthy Movers | Sticky Kids & Healthy Movers |
| Reception | Ourselves | Walking | Moving | Jumping | Dinosaurs | Feet | High, low, under, over | Hands | Nursery rhymes | Rackets, bats, balls & balloons | Sports day practice | Games for understanding |

**KS1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|  | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 |
| Year 1 | Body parts / Wide, narrow, curled | Hands | Growing | Feet | The Zoo | Games for Understanding | Heroes | Rackets | Health & Wellbeing | Running / Jumping | Sports day practice | Team Building |
| Year 2 | Linking | Hands | Judo | Feet | Pathways | Games for understanding | Explorers / Sweet Factory | Rackets | Health & Wellbeing | Dodging / Jumping | Sports day practice | Team Building |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Gym | Dance | Health Related Exercise | Invasion | Net Games | Athletics | Strike & Field | Swimming | Other |

**KS2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|  | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 | Topic 1 | Topic 2 |
| Year 3 | Judo | Tag Rugby | Symmetry & asymmetry | Hockey | Dance | Football | Dodgeball | Netball | Tennis | Running, Throwing & Jumping | Athletics Competitions | Rounders |
| Year 4 | Mindfulness | Tag Rugby | Bridges | Hockey | Dance | Football | Dodgeball | Netball | Tennis | Running & Jumping | Athletics Competitions | Rounders |
| Group A Swimming | Group B Swimming | Group C Swimming |
| Year 5 | Fitness | Hockey | Counter Balance & Tension | Football | Dance | Netball | Tennis | Basketball | Running & Jumping | Cricket | Athletics Competitions | Rounders |
| Year 6 | Fitness | Hockey | Matching & mirroring | Football | Dance | Netball | Tennis | Basketball | Running & Jumping | Cricket | Athletics Competitions | Rounders |