

CYCLE A: Teachers	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 1	SUMMER 1	SUMMER 2
Theme/ sport Skill National curriculum coverage	Invasion Games	Dance	Gymnastics	Net and Wall	Athletics Track	Striking and Fielding
NURS/ REC	See continuous provision planning					
YEAR 1 / 2	Handball Ball control Develop fundamental movement skills	Dance Movement patterns Perform dances using simple movement patterns	Gymnastics Agility and balance Develop agility, balance, and coordination	Dodgeball Throwing & catching Apply skills to a range of activities	Athletics Coordination and movement Develop fundamental movement skills	Cricket Ball control Develop fundamental movement skills
Year 3 / 4	Netball Blocking, marking, receiving, and sending Develop a broader range of skills	Dance Varied movement patterns Perform dances using a range of movement patterns	Gymnastics Creating sequences of movement Develop balance	Dodgeball Aiming and dodging Develop technique and control	Athletics Running, sprinting, jumping, and throwing- Compare and improve performances with previous ones to achieve their personal best	Cricket Striking Develop a broader range of skills
Year 5/6	Football Attacking and defending Apply a broader range of skills	Dance Performance of a dance Perform dances using a range of movement patterns	Gymnastics Adapting level and speed Adapting level and speed [Link skills to make actions and sequences of movement]	Tennis Cooperation and targeting Develop technique and control	Athletics Running for speed and distance Evaluate and recognise their own success	Cricket Bowling, fielding and batting Apply a broader range of skills