

CYCLE B: Bee Active	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 1	SUMMER 1	SUMMER 2
	Health related fitness	Outdoor Adventure	Invasion Games	Sports leaders	Athletics Field	Gymnastics apparatus
NURS/ REC	Ball Skills Handling and Control [Fine motor skills]	Dance Creative Movement [Coordination]	Twist, Bend and Extend Shapes and balances [Coordination & Balance]	Treasure hunt Basic map skills [Building relationships]	Fitness Stopping, Starting & Changing Speed [Agility]	Fun & Games Direction and spatial awareness [Gross motor skills]
YEAR 1 / 2	Fitness Understanding the Effects of Exercise [Knowledge & understanding of health & fitness]	Team Building & Problem-Solving Skills Communication [Working individually and with others]	Multi skills Opposed Throwing and Catching [Develop fundamental movement skills]	Paralympic, Olympic & British Values Teamwork [Develop character and values]	Athletics Jumping for Height [Develop fundamental movement skills]	Gymnastics Simple sequence patterns [Master basic movements]
Year 3 / 4	Benefits of Physical Activity Bodyweight exercises [Compare and improve performances with previous ones to achieve their personal best]	Archery Archery skills [Take part in outdoor and adventurous challenges both individually and in a team]	Basketball Passing and Shooting [Develop a broader range of skills]	Inclusive Sports Boccia, New Age Kurling and or Disability-adapted Sports [Enjoy communicating with each other]	Javelin Pull Throw [Use skills in isolation and combination]	Gymnastics Balancing and travelling [Develop flexibility, control and balance]
Year 5/6	Body Builders Strength, Power and Endurance [Compare and improve performances with previous ones to achieve their personal best]	Orienteering Planning and map reading [Take part in outdoor and adventurous challenges both individually and in a team]	Netball Selecting and Applying Appropriate Throws in a Game Situation [Apply a broader range of skills]	Sports Leaders UK Leadership and communication [Enjoy communicating with each other]	Discuss Sling Throw [Evaluate and recognise their own success]	Gymnastics Dynamics in complex sequences [Develop flexibility, control and balance]

Key: Theme/sport Skill National curriculum coverage