

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

**Key:**      Theme/sport      Skill      National curriculum coverage