**Reception (EYFS)**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Teaching Activities/ Skills** | Multiskills – Object control (Beanbags)  Gymnastics - Travelling | Multiskills – Ball skills  Dance – Storybook approach | Gymnastics – Stretching & Curling  Dance – Thematic approach | Dance – Storybook approach  Gymnastics – Travelling using different body parts | Multiskills – Bat and ball skills  Athletics (2 running, 2 jumping, 2 throwing) | OAA  Athletics (2 running, 2 jumping, 2 throwing) |
| **Resources to support teaching** | Val Sabin – Primary School Games  TOP Play cards  Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Games  TOP Play cards | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Games  TOP Play cards  Elevating Athletics | Elevating Athletics |
| **Link to Upcoming Festivals** |  |  |  |  |  |  |

**Year 1**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Teaching Activities/ Skills** | Multiskills – Sending and receiving (large ball)  Dance – Storybook approach | Gymnastics – Flight, bouncing, jumping and landing  Multiskills – Aiming games | Dance – Thematic approach  Gymnastics – Points and Patches | Multiskills – Bat and ball skills  Dance – Core Task (Moving Along) | Gymnastics – Rocking and rolling  Athletics (2 running, 2 jumping, 2 throwing) | Multiskills – Partner work  OAA |
| **Resources to support teaching** | Val Sabin – Primary School Games  TOP Play cards | Val Sabin – Primary School Gymnastics  Val Sabin – Primary School Games  TOP Play cards | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Games  TOP Play cards  QCA core task cards | Val Sabin – Primary School Gymnastics  Elevating Athletics | Val Sabin – Primary School Games  TOP Play cards |
| **Link to Upcoming Festivals** |  |  | Multiskills Festival – Friday 24th January | Dance Festival – 26th and 27th March |  |  |
| **National Curriculum Link** | *Master basic movements including throwing and catching*  *Perform dances using simple movement patterns* | *Master basic movements, developing balance, agility and co-ordination.* | *Perform dances using simple movement patterns*  *Master basic movements, developing balance, agility and co-ordination.* | *Participate in team games*  *Perform dances using simple movement patterns* | *Master basic movements, developing balance, agility and co-ordination. .* | *Participate in team games, developing simple tactics for attacking and defending.* |

**Year 2**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Teaching Activities/ Skills** | Gymnastics – Parts High, Parts Low  Multiskills – Throwing and catching | Multiskills – Aiming, hitting and kicking  Gymnastics - Pathways | Dance – storybook approach  Multiskills - Sending and receiving | Gymnastics – Sequences  OAA | Multiskills – Group games  Dance – Thematic | Athletics (2 running, 2 jumping, 2 throwing)  Dance – QCA Core task (Cat Dance) |
| **Resources to support teaching** | Val Sabin – Primary School Gymnastics  Val Sabin – Primary School Games  TOP Play cards | Val Sabin – Primary School Games  TOP Play cards  Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Games  TOP Play cards | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Games  TOP Play cards | Elevating Athletics  QCA core task cards |
| **Link to Upcoming Festivals** |  |  |  | Dance Festival – 26th and 27th March |  |  |
| **National Curriculum Link** | *Master basic movements, developing balance, agility and co-ordination.* | *Participate in team games, developing simple tactics for attacking and defending.* | *Perform dances using simple movement patterns*  *Participate in team games.* | *Master basic movements, developing balance, agility and co-ordination.* | *Master basic movements including throwing and catching*  *Perform dances using simple movement patterns* | *Perform dances using simple movement patterns* |

**Year 3**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Teaching Activities/ Skills** | SWIMMING | SWIMMING | Gymnastics – Stretching and Curling  Games – Invasion Games (Hockey and Rugby) | Dance – Thematic Approach  Games Activities – Net/ Wall (Tennis) | Gymnastics - Pathways  Games Activities – Striking and Fielding (Tri-Golf) | Athletics (2 running, 2 jumping, 2 throwing) |
| **Resources to support teaching** |  |  | Val Sabin – Primary School Gymnastics  Quicksticks Guidelines  School Games Cards | QCA core task cards  Val Sabin – Primary School Games  School Games Cards | Val Sabin – Primary School Gymnastics | Elevating Athletics |
| **Link to Upcoming Festivals** | Swimming Gala – 2nd April | Swimming Gala – 2nd April |  |  | Tennis Festival – 11th June | Tri Golf Festival – 5th June  KS2 Athletics – 19th June |
| **National Curriculum Link** | *Swim confidently a distance of at least 25 metres.* | *Swim confidently a distance of at least 25 metres.* | *Develop flexibility, strength, technique, control and balance*  *Use throwing and catching in isolation and in combination.* | *Perform dances using simple movement patterns*  *Play competitive games and apply principles for attacking and defending.* | *Develop flexibility, strength, technique, control and balance*  *Take part in outdoor and adventurous activity challenges both individually and in a team.* | *Use running and jumping in isolation and in combination.* |

**Year 4**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Teaching Activities/ Skills** | Dance – Thematic approach  Games Activities – Target Games | Games Activities – Invasion Games (Hockey & Rugby)  Gymnastics - Balance | Dance – Storybook approach  Gymnastics – Receiving Body Weight | Gymnastics - Rolling  Games Activities – Striking and Fielding (Cricket) | Games Activities – Net/ Wall (Tennis)  Dance – Thematic approach | Athletics (2 running, 2 jumping, 2 throwing)  OAA |
| **Resources to support teaching** | Quicksticks Guidelines  School Games Cards | School Games Cards  Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Gymnastics  School Games Cards | School Games Cards | Elevating Athletics |
| **Link to Upcoming Festivals** | Tag Rugby Festival –18th October |  |  | Quicksticks Hockey – 13th March |  | Tri Golf Festival – 5th June  Tennis Festival – 11th June  KS2 Athletics – 19th June |
| **National Curriculum Link** | *Perform dances using a range of movements patterns.*  *Play competitive games and apply principles for attacking and defending.* | *Play competitive games and apply principles for attacking and defending.*  *Develop flexibility, strength, technique, control and balance,* | *Perform dances using simple movement patterns*  *Develop flexibility, strength, technique, control and balance,* | *Develop flexibility, strength, technique, control and balance*  *Use throwing and catching in isolation and in combination.* | *Play competitive games and apply principles for attacking and defending.*  *Perform dances using simple movement patterns* | *Use running and jumping in isolation and in combination.*  *Take part in outdoor and adventurous activity challenges both individually and in a team.* |

**Year 5**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Teaching Activities/ Skills** | Indoor Athletics  Gymnastics – Bridges | Gymnastics - Flight  Games Activities – Tag Rugby | Dance – Thematic approach  Games Activities – Dodgeball | Dance – QCA Core Task (Indian Delight)  Gymnastics – Turning and Spinning | Games Activities – Tennis  Games Activities – Rounders | Athletics (2 running, 2 jumping, 2 throwing)  OAA |
| **Resources to support teaching** | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Gymnastics  School Games Cards | School Games Cards | Val Sabin – Primary School Gymnastics  QCA core task cards | School Games Cards | Elevating Athletics |
| **Link to Upcoming Festivals** | Cross Country Trials – 4th October  Tag Rugby Festival – 18th October | Cross Country KS2 – 15th November | Year 5/6 Netball League (4 weeks) – Starts 9th March  Indoor Athletics – 11th March |  | Year 5/6 Orienteering – 22nd May | Tennis festival – 11th June  Year 5/6 Rounders League – 5th July  KS2 Athletics – 19th June |
| **National Curriculum Link** | *Play competitive games and apply principles for attacking and defending.*  *Develop flexibility, strength, technique, control and balance* | *Play competitive games and apply principles for attacking and defending.*  *Develop flexibility, strength, technique, control and balance,* | *Perform dances using a range of movements patterns.*  *Play competitive games and apply principles for attacking and defending.* | *Perform dances using a range of movements patterns.*  *Develop flexibility, strength, technique, control and balance,* | *Play competitive games and apply principles for attacking and defending.*  *Use throwing and catching in isolation and in combination.* | *Use running and jumping in isolation and in combination.*  *Take part in outdoor and adventurous activity challenges both individually and in a team.* |

**Year 6**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Teaching Activities/ Skills** | Games Activities – Football  Gymnastics – Matching and mirroring | Gymnastics - Synchronisation and canon  Games – Badminton | Dance – Thematic approach  Games - Netball | Dance – QCA Core Task (Making the Grade)  Gymnastics – Counter balance and counter tension | Games Activities – Softball  Dance – Storybook approach | Athletics (2 running, 2 jumping, 2 throwing)  OAA |
| **Resources to support teaching** | School Games Cards  Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Gymnastics  School Games Cards | School Games Cards | Val Sabin – Primary School Gymnastics  QCA core task cards | School Games Cards | Elevating Athletics |
| **Link to Upcoming Festivals** | Cross Country Trials – 4th October  Tag Rugby Festival – 18th October | Cross Country KS2 – 15th November | Year 5/6 Netball League (4 weeks) – Starts 9th March  Indoor Athletics – 11th March |  | Year 5/6 Orienteering – 22nd May | Tennis festival – 11th June  Year 5/6 Rounders League – 5th July  KS2 Athletics – 19th June |
| **National Curriculum Link** | *Play competitive games and apply principles for attacking and defending.*  *Develop flexibility, strength, technique, control and balance* | *Play competitive games and apply principles for attacking and defending.*  *Develop flexibility, strength, technique, control and balance,* | *Perform dances using a range of movements patterns.*  *Play competitive games and apply principles for attacking and defending.* | *Perform dances using a range of movements patterns.*  *Develop flexibility, strength, technique, control and balance,* | *Play competitive games and apply principles for attacking and defending.*  *Perform dances using a range of movements patterns.* | *Use running and jumping in isolation and in combination.*  *Take part in outdoor and adventurous activity challenges both individually and in a team.* |