**Reception (EYFS)**

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

**Year 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 landingMultiskills – Aiming games  | Dance – Thematic approach Gymnastics – Points and Patches  | Multiskills – Bat and ball skillsDance – Core Task (Moving Along) | Gymnastics – Rocking and rolling Athletics (2 running, 2 jumping, 2 throwing) | Multiskills – Partner workOAA |
| **Resources to support teaching**  | Val Sabin – Primary School Games TOP Play cards | Val Sabin – Primary School GymnasticsVal Sabin – Primary School Games TOP Play cards | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School Games TOP Play cardsQCA core task cards | Val Sabin – Primary School GymnasticsElevating 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1**  | **Summer 2**  |
| **Teaching Activities/ Skills** | Gymnastics – Parts High, Parts LowMultiskills – Throwing and catching | Multiskills – Aiming, hitting and kickingGymnastics - Pathways | Dance – storybook approachMultiskills - Sending and receiving  | Gymnastics – SequencesOAA | Multiskills – Group gamesDance – Thematic | Athletics (2 running, 2 jumping, 2 throwing)Dance – QCA Core task (Cat Dance) |
| **Resources to support teaching** | Val Sabin – Primary School GymnasticsVal Sabin – Primary School Games TOP Play cards | Val Sabin – Primary School Games TOP Play cardsVal 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 AthleticsQCA 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 - PathwaysGames Activities – Striking and Fielding (Tri-Golf)  | Athletics (2 running, 2 jumping, 2 throwing) |
| **Resources to support teaching**  |  |  | Val Sabin – Primary School GymnasticsQuicksticks GuidelinesSchool Games Cards | QCA core task cardsVal Sabin – Primary School GamesSchool 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 JuneKS2 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1**  | **Summer 2**  |
| **Teaching Activities/ Skills** | Dance – Thematic approachGames Activities – Target Games  | Games Activities – Invasion Games (Hockey & Rugby)Gymnastics - Balance | Dance – Storybook approachGymnastics – Receiving Body Weight | Gymnastics - RollingGames 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 GuidelinesSchool Games Cards | School Games CardsVal Sabin – Primary School Gymnastics | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School GymnasticsSchool Games Cards | School Games Cards | Elevating Athletics |
| **Link to Upcoming Festivals** | Tag Rugby Festival –18th October  |  |  | Quicksticks Hockey – 13th March  |  | Tri Golf Festival – 5th JuneTennis 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 approachGames Activities – Dodgeball | Dance – QCA Core Task (Indian Delight)Gymnastics – Turning and Spinning  | Games Activities – TennisGames Activities – Rounders  | Athletics (2 running, 2 jumping, 2 throwing)OAA |
| **Resources to support teaching**  | Val Sabin – Primary School Gymnastics | Val Sabin – Primary School GymnasticsSchool Games Cards | School Games Cards | Val Sabin – Primary School GymnasticsQCA 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 MarchIndoor Athletics – 11th March  |  | Year 5/6 Orienteering – 22nd May  | Tennis festival – 11th June Year 5/6 Rounders League – 5th JulyKS2 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 canonGames – Badminton | Dance – Thematic approachGames - Netball  | Dance – QCA Core Task (Making the Grade) Gymnastics – Counter balance and counter tension | Games Activities – SoftballDance – Storybook approach  | Athletics (2 running, 2 jumping, 2 throwing)OAA  |
| **Resources to support teaching**  | School Games CardsVal Sabin – Primary School Gymnastics  | Val Sabin – Primary School GymnasticsSchool Games Cards | School Games Cards | Val Sabin – Primary School GymnasticsQCA 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 MarchIndoor Athletics – 11th March  |  | Year 5/6 Orienteering – 22nd May  | Tennis festival – 11th June Year 5/6 Rounders League – 5th JulyKS2 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.* |