

NB: This is a working document and shows the coverage and progression of the different disciplines to be taught.

The half term each unit is provisioned for may change depending on space and staff available.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Locomotion: walking	Dance: nursery rhymes	Ball skills: Hands 1	Gymnastics: high and low	Dance: ourselves	Locomotion: jumping
Reception	Ball skills: Hands 2 Jungle Journey DEMS	Dance: dinosaurs Jungle Journey DEMS	Gymnastics: moving	Ball skills: Rackets, bats, balls and balloons	Ball skills: feet 1	Games: games for understanding
Y1	Ball skills: feet	Ball skills: Hands 1	Gymnastics: body parts	Ball skills: Hands 2	Locomotion: jumping	Ball skills: Rackets, bats and balls
	Locomotion: running	Dance: the Zoo	Health and wellbeing	Dance: heroes	Games: games for understanding	Gymnastics: Wide, narrow, curled
Y2	Locomotion: jumping	Team building	Dance: explorers	Ball skills: Hands 2	Dance: water	Locomotion: dodging
	Ball skills: Hands 1	Gymnastics: pathways	Ball skills: feet 1	Games: games for understanding	Health and wellbeing	Ball skills: Rackets, bats and balls
Y3	Game sense - invasion	Inclusion: Boccia	Swimming 1 Dance: Wild Animals	Swimming 1 Dance: Wild Animals	Athletics	Dance: weather
	Health and Wellbeing - mindfulness	Invasion: hockey	Court: basketball	Gymnastics: symmetry and asymmetry	Invasion: tag rugby	Striking and fielding: rounders
Y4 Game sense - invasion	Swimming 2 Dance - WWII	Swimming 2 Dance - WWII	Health and wellbeing: mindfulness	Gymnastics: bridges	Invasion: tag rugby	Athletics
	Forest School Invasion Games: netball	Forest School Invasion Games: netball	OAA: Problem solving	Dance: space	Striking and fielding: Cricket	Games, Net/Wall: Tennis
Y5	Court: dodgeball	Game sense - invasion	Gymnastics: counterbalance and counter tension	Inclusion: Boccia	Games, Net/Wall: Badminton	Striking and fielding: rounders
	OAA: Communication and tactics	Orienteering	Invasion: hockey	Court: basketball	Athletics	Dance: street art
Y6	Invasion: netball	Dance: prejudice and discrimination	Invasion: tag rugby	Games, Net/Wall: Tennis	Striking and fielding: rounders	Swimming: water safety
	Leadership	Orienteering (Using British Orienteering resources)	Court: dodgeball	Athletics	Gymnastics: matching and mirroring	Striking and fielding: Cricket