

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