



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 Athlete visit-Jess Clarke
Nursery	Parachute Games Space Body Control Recalling & Copying Movement Patterns	Spots Spatial awareness Body Control fms Recalling & Copying Movement Patterns	Fms	Ball skills Individual Ball Mastery	Games Striking and Fielding	Athletics Balloon Games
Reception	FMS ABC'S Space Orientation Body Control Recalling & Copying Movement Patterns	Dance	Gymnastics	Net and Wall TENNIS	Games Striking and fielding Balloon games	Athletics
		Striking and Fielding (specialist) CRICKET		Invasion games Hockey		FMS assessment check
Year 1	Invasion games Ball control/ Football FMS assessment check	Dance Striking and Fielding (specialist) CRICKET	Gymnastics	Net and Wall TENNIS Invasion games Hockey	Games Striking and fielding ROUNDERS	Athletics
						FMS assessment check
Year 2 Lesson 1	Invasion games Football FMS assessment check	Dance Striking and Fielding (specialist) CRICKET	Gymnastics	Net and Wall TENNIS Invasion games Hockey	Games Striking and fielding- ROUNDERS	Athletics
						OAA
Year 3 Lesson 1	Swimming Invasion games Football	Dance Striking and Fielding (specialist) CRICKET	Gymnastics	Net and Wall TENNIS Invasion games Hockey	Games Striking and Fielding Rounders	Athletics
						OAA
Year 4 Lesson 1	Swimming Invasion games Football	Dance Invasion games Tag rugby	Gymnastics	Net and Wall TENNIS Invasion games Hockey	Striking and Fielding (specialist)- CRICKET Rounders	Athletics
						OAA
Year 5 Lesson 1	Swimming Invasion games Football	Dance Invasion Games Tag rugby	Gymnastics	Net and Wall TENNIS Invasion games Hockey	Striking and fielding (specialist) CRICKET Rounders	Athletics
						OAA
Year 6 Lesson 1	Swimming Invasion games Football	Dance Invasion Games Tag rugby	Gymnastics	Net and Wall TENNIS Invasion games Hockey	Striking and fielding (specialist) CRICKET Rounders	Athletics
						OAA

EYFS objectives	Gross Motor movements	Fine motor movements	Activity
Nursery	Balance on one foot, Imitate simple movement, Pedals a tricycle, Balance on a beam, Pull up and climb down again on equipment, Catch a large and small balls, Throw a ball beginning to use under arm, Kick a ball with increasing power, stop it using foot and aiming at target, Craw, run, tiptoe, jump, skip, run, VOCAB: Kick, catch, throw, ball, bike, foot, wobbly, up, down, climb, crawl, run, walk, tiptoe, jump	Copy a circle, Roll a sausage of dough, Balance a tower of blocks, Put pieces in to a jigsaw, Increasing dominant hand, Can copy a circle, line, cross, wavy line ad swirl, Copies letters in their name, Thread small and large objects, Join jigsaws, Cut along paper using scissors, Cut safely with a knife, Uses tools such as a rolling pin	Gymnastics Dance Striking and Fielding Football-Invasion Games- Ball skills Athletics FMS ABC'S
Reception	Jump in place with 2 feet together Balance and hop on one foot Negotiate space and obstacles safely Demonstrate strength, balance and coordination when playing, Move energetically such as hopping, running, jumping, dancing, skipping and climbing. VOCAB: Balance, hop, swing, hang, feet, skip	Use a dominant hand, Cuts paper and card using scissors, Writes name and other words, Build models using joining techniques, Completes a jigsaw, Use a rolling pin to flatten dough and cut out a shape effectively, Use a variety of objects and a range of materials, Can thread items in to string independently, Use knives, paintbrushes with increasing independence	FMS ABC'S, Space Orientation, Body Control, Recalling & Copying, Movement Patterns Dance, Gymnastics, Striking and fielding, Athletics, Net and wall games
National curriculum objectives KS1		Skills	Activity
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.		Running- speed, power Jumping- agility, balance and power Throwing- control, power, aim and coordination, Catching- coordination Balance- body control, direction Agility- speed and direction (control) Co-ordination- fine motor control/body control, Strength	Athletics (running, jumping, agility) Striking and fielding games (throwing and catching) Games/ Ball skills (throwing and catching) Gymnastics (Balance and coordination)
Participate in team games, developing simple tactics for attacking and defending		Communication, Team work and leadership Listening skills, Attacking- shooting, passing Defending- tackling	Invasion games, Multisports, Games
Perform dances using simple movement patterns		Coordination	dance
Additional experiences:		Target aim, Coordination, Fine motor control/body control	NAK, Archery, Boccia & Tri Golf
National curriculum objectives KS2		Skills	Activity
Use running, jumping, throwing and catching in isolation and in combination		Running, Jumping, Throwing, Catching	Athletics, Striking and Fielding games
Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.		Ball skills- control, Agility, Teamwork and Sportsmanship, Attacking- shooting, passing Defending- tackling	Football, Tag rugby, Cricket, Hockey Basketball, Striking and fielding games
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]		Flexibility, Strength, Technique, Control, balance	Athletics, gymnastics
Perform dances using a range of movement patterns		Coordination, Balance	Dance
Take part in outdoor and adventurous activity challenges both individually and within a team		Map work skills Teamwork skills	Outdoor learning, OAA Teambuilding Arthog (residential), Orienteering (residential)
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			Fitness
swim competently, confidently, and proficiently over a distance of at least 25 metres -use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] -perform safe self-rescue in different water-based situations		Swimming Stamina Range of strokes Water safety	Swimming (Year 4,5,6) Spring and Summer

