



Year 1								
Term 1	Term 2	Term 3	Term 3	Term 4	Term 4 (Bat			
(Throwing and	(Invasion	(Gymnastics)	(Attacking and	(Dance)	and Ball)			
Catching)	Games)		Defending)					
master basic move	ements including	running, jumping,	throwing and catc	hing, as well as de	eveloping			
balance, agility and co-ordination, and begin to apply these in a range of activities								
participate in team games, developing simple tactics for attacking and defending								
perform dances using simple movement patterns								

Year 1								
Term 5 (Dance)	Term 5 (Running and	Term 6 (Gymnastics)	Term 4 (Athletics)					
	Jumping)							
master basic movements	including running, jumping,	throwing and catching, as v	well as					
developing balance, agility and co-ordination, and begin to apply these in a range of								
activities								
participate in team games, developing simple tactics for attacking and defending								
perform dances using simple movement patterns								





Year 2								
Term 1 (Target	Term 1	Term 2	Term 2	Term 3	Term 3			
Games)	(Dodgeball)	(Dance)	(Invasion	(Gymnastics)	(Attacking and			
			Games)		Defending)			
master basic move	ements including	running, jumping,	throwing and catc	hing, as well as de	eveloping			
balance, agility an	d co-ordination, a	nd begin to apply	these in a range o	f activities				
participate in tear	n games, develop	ing simple tactics	for attacking and d	efending				
perform dances using simple movement patterns								
swim competently	, confidently and	proficiently over	a distance of at lea	st 25 metres				
use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]								
perform safe self-rescue in different water-based situations.								

Year 2							
Term 4 (Dance)	Term 4 (Bat	Term 5	Term 5	Term 6	Term 6 (The		
	and Ball)	(Swimming)	(Gymnastics)	(Swimming)	Olympics)		
master basic move	ements including	running, jumping,	throwing and catc	hing, as well as de	eveloping		
balance, agility an	d co-ordination, a	nd begin to apply	these in a range o	f activities			
participate in tear	n games, develop	ing simple tactics	for attacking and d	efending			
perform dances u	sing simple mover	ment patterns					
swim competently	y, confidently and	proficiently over	a distance of at lea	st 25 metres			
use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]							
perform safe self-	rescue in differen	t water-based situ	uations.				





Year 3						
Term 1 (OAA)	Term 1	Term 2	Term 2	Term 3	Term 3	
	(Netball)	(Swimming)	(Gymnastics)	(Football)	(Dance)	
use running, jump	oing, throwing and	l catching in isolat	tion and in combina	ation		
play competitive g	games, modified v	vhere appropriate	[for example, bad	minton, basketba	ll, cricket,	
football, hockey, i defending	netball, rounders	and tennis], and a	pply basic principle	es suitable for atta	acking and	
develop flexibility gymnastics]	, strength, technic	que, control and b	palance [for exampl	e, through athleti	cs and	
perform dances u	sing a range of mo	ovement patterns				
take part in outdo	or and adventure	us activity challer	nges both individua	lly and within a te	eam	
compare their per personal best.	formances with p	revious ones and	demonstrate impr	ovement to achie	ve their	
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 differen	t water-based situ	uations.			





Year 3						
Term 4	Term 4	Term 5 (Net	Term 5 (Dance)	Term 6	Term 6	
(Swimming)	(Gymnastics)	and Wall		(Athletics)	(Striking and	
		Games)			Fielding)	
use running, jump	oing, throwing and	l catching in isolat	ion and in combina	ation		
play competitive §	games, modified v	vhere appropriate	[for example, bad	minton, basketba	ll, cricket,	
football, hockey, i defending	netball, rounders	and tennis], and a	pply basic principle	es suitable for atta	acking and	
develop flexibility gymnastics]	, strength, technic	que, control and b	alance [for exampl	e, through athleti	ics and	
perform dances using a range of movement patterns						
take part in outdo	or and adventuro	us activity challer	nges both individua	lly and within a te	eam	
compare their per personal best.	rformances with p	revious ones and	demonstrate impr	ovement to achie	ve their	
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 differen	t water-based situ	uations.			





Year 4								
Term 1	Term 1	Term 2 (Tag	Term 2 (Dance)	Term 3	Term 3			
(Swimming)	(Basketball)	Rugby)		(Swimming)	(Gymnastics)			
use running, jump	oing, throwing and	I catching in isolat	tion and in combina	ation				
	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							
develop flexibility gymnastics]	, strength, technic	que, control and b	alance [for exampl	e, through athleti	cs and			
perform dances u	sing a range of mo	ovement patterns						
take part in outdo	or and adventure	us activity challer	nges both individua	lly and within a te	eam			
compare their per personal best.	formances with p	revious ones and	demonstrate impr	ovement to achie	ve their			
swim competently	y, confidently and	proficiently over	a distance of at lea	st 25 metres				
use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]								
perform safe self-	rescue in differen	t water-based situ	uations.					





Year 4								
Term 4 (Hockey)	Term 4	Term 5	Term 5 (Dance)	Term 6	Term 6			
	(Gymnastics)	(Badminton)		(Athletics)	(Cricket)			
use running, jump	oing, throwing and	I catching in isolat	tion and in combina	ation				
	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							
develop flexibility gymnastics]	, strength, technic	que, control and b	alance [for exampl	e, through athleti	cs and			
perform dances u	sing a range of mo	ovement patterns						
take part in outdo	or and adventure	us activity challer	nges both individua	lly and within a te	eam			
compare their per personal best.	rformances with p	revious ones and	demonstrate impr	ovement to achie	ve their			
swim competently	y, confidently and	proficiently over	a distance of at lea	st 25 metres				
use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]								
perform safe self-	rescue in differen	t water-based situ	uations.					





Year 5						
Term 1 (OAA)	Term 1 (Tag	Term 2	Term 2	Term 3	Term 3	
	Rugby)	(Swimming)	(Gymnastics)	(Basketball)	(Gymnastics)	
use running, jump	ing, throwing and	l catching in isolat	ion and in combina	ation		
play competitive g	games, modified v	vhere appropriate	[for example, bad	minton, basketba	ll, cricket,	
football, hockey, r defending	netball, rounders a	and tennis], and a	pply basic principle	es suitable for atta	acking and	
develop flexibility gymnastics]	, strength, technic	que, control and b	alance [for exampl	e, through athleti	cs and	
perform dances u	sing a range of mo	ovement patterns				
take part in outdo	or and adventuro	us activity challer	iges both individua	lly and within a te	eam	
compare their performances with previous ones and demonstrate improvement to achieve their personal best.						
swim competently, confidently and proficiently over a distance of at least 25 metres						
use a range of stro	okes effectively [fo	or example, front	crawl, backstroke a	and breaststroke]		
perform safe self-	rescue in differen	t water-based situ	uations.			





Year 5							
Term 4	Term 4	Term 5	Term 5 (Dance)	Term 6	Term 6		
(Swimming)	(Dance)	(Tennis)		(Athletics)	(Rounders)		
use running, jump	ing, throwing and	I catching in isolat	tion and in combina	ation			
play competitive g	games, modified v	vhere appropriate	[for example, bad	minton, basketba	ll, cricket,		
football, hockey, r defending	netball, rounders a	and tennis], and a	pply basic principle	es suitable for atta	acking and		
develop flexibility gymnastics]	, strength, technic	que, control and b	alance [for exampl	e, through athleti	cs and		
perform dances u	sing a range of mo	ovement patterns					
take part in outdo	or and adventuro	us activity challer	nges both individua	lly and within a te	eam		
compare their per personal best.	formances with p	revious ones and	demonstrate impr	ovement to achie	ve their		
swim competently	swim competently, confidently and proficiently over a distance of at least 25 metres						
use a range of stro	okes effectively [fo	or example, front	crawl, backstroke a	and breaststroke]			
perform safe self-	rescue in differen	t water-based situ	uations.				





Year 6						
Term 1	Term 1	Term 2	Term 2 (Dance)	Term 3	Term 3	
(Swimming)	(Hockey)	(Netball)		(Swimming)	(Dance)	
use running, jump	ing, throwing and	l catching in isolat	ion and in combina	ation		
play competitive g	games, modified v	vhere appropriate	[for example, bad	minton, basketba	ll, cricket,	
football, hockey, r defending	netball, rounders a	and tennis], and a	pply basic principle	es suitable for atta	acking and	
develop flexibility gymnastics]	, strength, technic	que, control and b	alance [for exampl	e, through athleti	cs and	
perform dances u	sing a range of mo	ovement patterns				
take part in outdo	or and adventuro	us activity challer	iges both individua	lly and within a te	eam	
compare their per personal best.	formances with p	revious ones and	demonstrate impr	ovement to achie	ve their	
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 differen	t water-based situ	uations.			





Year 6							
Term 4	Term 4	Term 5	Term 5	Term 6	Term 6		
(Football)	(Gymnastics)	(Volleyball)	(Gymnastics)	(Athletics)	(Striking and Fielding)		
use running, jump	ing, throwing and	catching in isolat	ion and in combina	ation	<u> </u>		
' ' ' '	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						
develop flexibility gymnastics]	, strength, technic	que, control and b	alance [for exampl	e, through athleti	cs and		
perform dances using a range of movement patterns							
take part in outdo	or and adventuro	us activity challen	ges both individua	lly and within a te	eam		
compare their per personal best.	formances with p	revious ones and	demonstrate impr	ovement to achie	ve their		
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 differen	t water-based situ	uations.				