

Year 1					
Term 1 (Throwing and Catching)	Term 2 (Invasion Games)	Term 3 (Gymnastics)	Term 3 (Attacking and Defending)	Term 4 (Dance)	Term 4 (Bat and Ball)
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					
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 Jumping)	Term 6 (Gymnastics)	Term 4 (Athletics)
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			
participate in team games, developing simple tactics for attacking and defending			
perform dances using simple movement patterns			

Year 2					
Term 1 (Target Games)	Term 1 (Dodgeball)	Term 2 (Dance)	Term 2 (Invasion Games)	Term 3 (Gymnastics)	Term 3 (Attacking and Defending)
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					
participate in team games, developing simple tactics for attacking and defending					
perform dances using simple movement patterns					
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.					

Year 2					
Term 4 (Dance)	Term 4 (Bat and Ball)	Term 5 (Swimming)	Term 5 (Gymnastics)	Term 6 (Swimming)	Term 6 (The Olympics)
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					
participate in team games, developing simple tactics for attacking and defending					
perform dances using simple movement patterns					
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.					

<b>Year 3</b>					
Term 1 (OAA)	Term 1 (Netball)	Term 2 (Swimming)	Term 2 (Gymnastics)	Term 3 (Football)	Term 3 (Dance)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					

<b>Year 3</b>					
Term 4 (Swimming)	Term 4 (Gymnastics)	Term 5 (Net and Wall Games)	Term 5 (Dance)	Term 6 (Athletics)	Term 6 (Striking and Fielding)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					

<b>Year 4</b>					
Term 1 (Swimming)	Term 1 (Basketball)	Term 2 (Tag Rugby)	Term 2 (Dance)	Term 3 (Swimming)	Term 3 (Gymnastics)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					

Year 4					
Term 4 (Hockey)	Term 4 (Gymnastics)	Term 5 (Badminton)	Term 5 (Dance)	Term 6 (Athletics)	Term 6 (Cricket)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					

Year 5					
Term 1 (OAA)	Term 1 (Tag Rugby)	Term 2 (Swimming)	Term 2 (Gymnastics)	Term 3 (Basketball)	Term 3 (Gymnastics)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					

Year 5					
Term 4 (Swimming)	Term 4 (Dance)	Term 5 (Tennis)	Term 5 (Dance)	Term 6 (Athletics)	Term 6 (Rounders)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					



Year 6					
Term 1 (Swimming)	Term 1 (Hockey)	Term 2 (Netball)	Term 2 (Dance)	Term 3 (Swimming)	Term 3 (Dance)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					

Year 6					
Term 4 (Football)	Term 4 (Gymnastics)	Term 5 (Volleyball)	Term 5 (Gymnastics)	Term 6 (Athletics)	Term 6 (Striking and Fielding)
use running, jumping, throwing and catching in isolation and in combination					
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, strength, technique, control and balance [for example, through athletics and gymnastics]					
perform dances using a range of movement patterns					
take part in outdoor and adventurous activity challenges both individually and within a team					
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 strokes effectively [for example, front crawl, backstroke and breaststroke]					
perform safe self-rescue in different water-based situations.					