

|           | Autumn 1   | Autumn 2 | Spring 1   | Spring 2 | Summer 1  | Summer 2 |
|-----------|--|----------|--|----------|---|----------|
|           | <b>EYFS</b>  |          |  |          |   |          |
| Nursery   | <ul style="list-style-type: none"> <li>Finger-gym activities to develop fine-motor, muscles in fingers and tripod grip.</li> <li>Play dough to support fine-motor skills, hand-eye coordination and hand muscles</li> <li>Outdoor play- supporting children with steps, slopes, slides, bikes etc.</li> <li>Talking about healthy habits, snack table and toilet routines.</li> <li>Developing confidence in fine-motor and gross-motor activities.</li> <li>Use paint, chalk or make marks with water on large vertical surfaces. Use walls as well as easels to stimulate large shoulder and arm movements.</li> </ul> <p>Studio: Me and myself</p> <p>Studio: Ball skills</p> |          | <ul style="list-style-type: none"> <li>Increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</li> <li>Encouraging children to dress themselves wearing waterproofs.</li> <li>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>Developing independence in fine-motor and gross-motor activities.</li> <li>Increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</li> </ul> <p>Studio: Fitness</p> <p>Studio: Dance</p> |          | <ul style="list-style-type: none"> <li>Use physical skills for tasks and activities indoors and outdoors. Use large apparatus and planks for children to decide whether to crawl, walk or run across a plank.</li> <li>Continue sequences and patterns of movements which are related to music and rhythm in the studio and outside.</li> <li>Talking about healthy habits and exercise.</li> <li>Studio throwing and catching- ball skills.</li> <li>Developing confidence in using the scissors.</li> <li>Use pencil effectively to draw pictures and use a range of small tools, such as finger gym. Scissors and play dough.</li> </ul> <p>Studio: Fun and games</p> <p>Studio: Dance</p> |          |
| Reception | <ul style="list-style-type: none"> <li>Move in a variety of ways with developing skill e.g. crawling, jumping, hopping, climbing etc.</li> <li>Move in time to music.</li> <li>Use a comfortable pencil grip with control e.g. tripod grip.</li> <li>Use pincer grip e.g. place pegs on boards, use tweezers to pick up objects, thread large beads on a lace.</li> <li>Use a range of tools with developing control e.g. scissors to snip, paint brush, iPad etc.</li> </ul> <p>Hall:</p>   |          | <ul style="list-style-type: none"> <li>Move with confidence along a simple obstacle course.</li> <li>Develop skills in balancing, jumping and landing.</li> <li>Combine different movements with ease and fluency.</li> <li>Develop confidence, competence and accuracy in ball skill?</li> <li>Uses a range of fine motor tools and resources with developing skill.</li> <li>Hold a pencil effectively to draw and write.</li> </ul> <p>Hall:</p>  |          | <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically in a variety of different ways, such as running, jumping, dancing, hopping, skipping and climbing.</li> <li>Hold a pencil effectively to form letters – using the tripod grip.</li> <li>Use a range of small tools including scissors, paintbrushes and cutlery.</li> </ul> <p>Hall:</p>   |          |
|           | <b>KS1</b>   |          |  |          |   |          |

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| Year 1 | <p>Fitness</p> <p>Football</p> | <p>Hockey</p> <p>Master basic movements including running, agility and coordination. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Dodgeball</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing, agility and coordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> | <p>Gymnastics</p> <p>Developing balance, agility and coordination, and begin to apply these in a range of activities.</p> <p>Basketball</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing, agility and coordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> | <p>Dance (Jungle dance)</p> <p>Perform dances using simple movement patterns.</p> <p>Orienteering</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Cricket</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing agility and coordination, and begin to apply these in a range of activities.</p> <p>Participate in team games.</p> <p>Rounders</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing agility and coordination, and begin to apply these in a range of activities.</p> <p>Participate in team games.</p> | <p>Netball</p> <p>Athletics</p> |
| Year 2 | <p>Fitness</p> <p>Football</p> | <p>Hockey</p> <p>Master basic movements including running, agility and coordination. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Dodgeball</p>  | <p>Gymnastics</p> <p>Developing balance, agility and coordination, and begin to apply these in a range of activities.</p> <p>Basketball</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing, agility and coordination.</p>  | <p>Dance - Zombie dance</p> <p>Perform dances using simple movement patterns.</p> <p>Orienteering</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Cricket</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing agility and coordination, and begin to apply these in a range of activities.</p> <p>Participate in team games.</p> <p>Rounders</p>   | <p>Netball</p> <p>Athletics</p> |

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|            |   | <p>Master basic movements including running, jumping, throwing and catching, as well as developing, agility and coordination.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>  | <p>Participate in team games, developing simple tactics for attacking and defending.</p>   |   | <p>Master basic movements including running, jumping, throwing and catching, as well as developing agility and coordination, and begin to apply these in a range of activities.</p> <p>Participate in team games.</p>   |  |
| <b>KS2</b> |   |   |  |   |   |  |
| Year 3     | <p>Indoor: Modern Dance 3AD</p> <p>Outdoor: Football</p> <p><b>Swimming 3D-3/4P</b></p> | <p>Indoor: fitness 3AD</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Outdoor: Hockey</p> <p>Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>Master basic movements including running, agility and coordination.</p> <p><b>Swimming 3M -3/4P</b></p> | <p>Indoor: Gymnastics 3AD</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Outdoor: Orienteering</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p><b>Swimming 3M - 3/4P</b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of</p> | <p>Indoor: Modern Dance 3D-3/4P</p> <p>Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Outdoor: Netball</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games and apply basic principles</p> | <p>Indoor: Fitness 3D-3/4P</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Outdoor: Cricket</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing agility and coordination, and begin to apply these in a range of activities.</p> <p>Participate in team games</p> <p><b>Swimming 3CM</b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25</p> | <p>Indoor: Gymnastics 3D-3/4P</p> <p>Outdoor: Athletics</p> <p><b>Swimming 3CM</b></p> |

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|        |                                      | 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.  | strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.  | suitable for attacking and defending.<br><b>Swimming 3CM</b><br>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.   | 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 | Indoor: Fitness<br>Outdoor: Football | Indoor: Street Dance<br>Perform dances using a range of movement patterns.<br>Develop flexibility, strength, technique, control and balance.<br>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.<br>Outdoor: Hockey<br>Play competitive games and apply basic principles suitable for | Indoor: Gymnastics<br>Develop flexibility, strength, technique, control and balance.<br>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.<br>Outdoor: Tag rugby<br>Use running, jumping, throwing and catching in isolation and in combination.<br>Play competitive games and apply basic principles suitable for attacking and defending. | Indoor: Dodgeball<br>Use running, jumping, throwing and catching in isolation and in combination.<br>Play competitive games and apply basic principles suitable for attacking and defending.<br>Outdoor: Netball<br>Use running, jumping, throwing and catching in isolation and in combination.<br>Play competitive games and apply basic principles suitable for attacking and defending. | Indoor: Handball<br>Outdoor: Cricket  | Indoor: Fitness<br>Outdoor: Athletics |

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|        |   | <p>attacking and defending.</p> <p>Master basic movements including running, agility and coordination.</p>   |  |   |  |  |
| Year 5 | <p>Indoor: fitness</p> <p>Outdoor: Football</p> | <p>Indoor: Multi sport Dance</p> <p>Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Outdoor: Hockey</p> <p>Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>Master basic movements including running, agility and coordination.</p> | <p>Indoor: Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Outdoor: Orienteering</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Indoor: Volleyball</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games.</p> <p>Outdoor: Cricket</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games.</p> | <p>Indoor: Basketball</p> <p>Outdoor: Rounders</p> | <p>Indoor: Fitness</p> <p>Outdoor: Athletics</p> |
| Year 6 | <p>Indoor: Fitness</p> <p>Outdoor: Football</p> | <p>Indoor: Free style Dance</p>  | <p>Indoor: Gymnastics</p>  | <p>Indoor: Volleyball</p> <p>Use running, jumping, throwing and catching in</p>   | <p>Indoor: Basketball</p> <p>Outdoor: Rounders</p> | <p>Indoor: Fitness</p> <p>Outdoor: Athletics</p> |

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|  |  | <p>Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Outdoor: Hockey</p> <p>Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>Master basic movements including running, agility and coordination.</p> | <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Outdoor: Orienteering</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>isolation and in combination.</p> <p>Play competitive games.</p> <p>Outdoor: Cricket</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games.</p> |  |  |
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