

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b> Health, Body and Mind	<u>Gross Motor Skills ELG – Children at the expected level of development will:</u> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>Demonstrate strength, balance and co-ordination when playing</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</li> </ul>					
	<u>Sending &amp; Receiving</u> Out: Ball Games 1	<u>Dance</u>	<u>Striking and Fielding</u> Out: Bats and balls	<u>Invasion Games</u> Out: Football Games	<u>Athletics</u> Out: Carousel of Activities	<u>Striking and Fielding</u> Out: Bats & Balls
	In: Skills	Stretching and Mindfulness	In: Gymnastics	In: Kicking, Passing & Dribbling	In: Stretching & Mindfulness	In: Target Throwing Skills using a beanbag to hit a target/scoring area.
<b>Year 1</b> Health, Body and Mind	<u>Sending &amp; Receiving</u> Out: Mini Netball	<u>Dance</u>	<u>Striking and Fielding</u> Out: Bat and Ball Skills 1	<u>Invasion Games</u> Out: Football Games e.g. Pirate's Treasure	<u>Athletics</u> Out: Carousel of Activities	<u>Striking and Fielding</u> Out: Mini Rounders
	In: Skills	Stretching and Mindfulness	In: Gymnastics	In: Skills	In: Stretch for Your Best!	In: Target Throwing Skills
<b>Year 2</b> Health, Body and Mind	<u>Sending &amp; Receiving</u> Out: Mini Tag Rugby	<u>Dance</u>	<u>Striking and Fielding</u> Out: Bat and Ball Skills 2	<u>Invasion Games</u> Out: Football Games e.g. Castles	<u>Athletics</u> Out: Carousel of Activities	<u>Striking and Fielding</u> Out: Mini Rounders
	In: Skills	Stretching and Mindfulness	In: Gymnastics	In: Passing, Dribbling, Tackling	In: Stretch for Your Best!	In: Cone Ball
<b>Year 3</b> Health, Body and Mind	<u>Sending &amp; Receiving</u> Out: Tag Rugby	<u>Dance</u>	<u>Striking and Fielding</u> Out: Tennis	<u>Invasion Games</u> Out: Netball	<u>Athletics</u> Out: Carousel of Activities	<u>Striking and Fielding</u> Out: Rounders
	In: Skills	Dance	In: Gymnastics	In: Passing, Tackling, Attacking	In: Fitness Stations	In: Bench Ball
<b>Year 4</b> Health, Body and Mind	<u>Sending &amp; Receiving</u> Out: Tag Rugby	<u>Dance</u>	<u>Striking and Fielding</u> Out: Tennis	<u>Invasion Games</u> Out: Football	<u>Athletics</u> Out: Carousel of Activities	<u>Striking and Fielding</u> Out: Rounders
	In: Skills	Dance	In: Gymnastics	In: Activity Stations	In: Swimming	In: Swimming
<b>Year 5</b> Health, Body and Mind	<u>Sending &amp; Receiving</u> Out: Netball	<u>Dance</u>	<u>Striking and Fielding</u> Out: Tennis	<u>Invasion Games</u> Out: Tag Rugby	<u>Athletics</u> Out: Carousel of Activities	<u>Striking and Fielding</u> Out: Rounders
	In: Skills	Dance	In: Gymnastics Swimming	In: Skills Swimming	In: Fitness Stations	In: Gymnastics
<b>Year 6</b> Health, Body and Mind	<u>Sending &amp; Receiving</u> Out: Netball	<u>Dance</u>	<u>Striking and Fielding</u> Out: Tennis	<u>Invasion Games</u> Out: Football	<u>Athletics</u> Out: Carousel of Activities	<u>Striking and Fielding</u> Out: Rounders
	In: Skills	In: Swimming	In: Gymnastics	In: Skills	In: Fitness Stations	In: Gymnastics

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