Year Group	Autumn	Spring	Summer	Extra-Curricular/ Visiting Coaches	Competitive Programme
N	**Structured Free Play** **Outdoor Education** Forest School Activities	**Structured Free Play** **Outdoor Education** Forest School Activities	**Structured Free Play** **Outdoor Education** Forest School Activities	**Autumn** **Spring** **Summer**	School Sports Day(To include multi skills elements)
R	**Structured Free Play** **FMS/Multi Skills** **Gymnastics** Rolling /Travel/ Balance	**Structured Free Play** **FMS/Multi Skills** **Gymnastics** Rolling /Travel/ Balance	**Structured Free Play** FMS/Multi Skills **Gymnastics** Rolling /Travel/ Balance	**Autumn** **Spring** **Summer**	School Sports Day(To include multi skills elements)

Yr. 1	**FMS/Multi Skills** **Gymnastic** Rolling /Travel/ Balance **Outdoor Education** Forest School Activities	**FMS/Multi Skills** Balance Key Steps L1 **Outdoor Education** Forest School Activities	**FMS/Multi Skills** **Gymnastics** Key Steps L1 **Outdoor Education** Forest School Activities	**Autumn** **Spring** Key steps Gym Club **Summer**	Year round programme of activities focussed on setting personal challenges based on fundamental movement skills and multi skills. **Spring** Key Steps Gym UVHS **Summer** School Sports day (to include multi skills elements)
Yr. 2	**Dance** linked to Creative Curric. **Gymnastics** travelling focus plus Key steps gym **Games** Multi skills with a throwing and catching focus **Outdoor Education** Forest School Activities	**Dance/ Aerobics** linked to Creative Curric. **Gymnastics** rolling focus plus Key steps gym **Games** Multi skills with a striking focus **Outdoor Education** Forest School Activities	**Dance** linked to Creative Curric. **Gymnastics** curling/ stretching focus plus Key steps gym **Games** Multi skills with an athletics focus **Outdoor Education** Kepplewray Picture orienteering	**Autumn** Key steps Gym Club **Spring** **Summer**	Year round programme of activities focussed on setting personal challenges based on fundamental movement skills and multi skills. **Summer** School Sports day (to include multi skills elements) **Summer** School Sports day (to include multi skills elements)

Yr. 3	**Dance** linked to Creative Curric. **Gymnastics** travelling focus plus Key steps gym **Games** Multi skills with a throwing and catching focus **Outdoor Ed** Water sports/ canoeing	**Gymnastics** rotation focus plus Key steps gym **Games** Multiskills with a striking games focus **Swimming**	**Dance** linked to Creative Curric. **Gymnastics** curling and stretching focus plus Key steps gym **Games** Multi skills with an athletics focus **Outdoor Education** Orienteering	**Autumn** **Spring** Key steps Gym Club **Summer** Onside Girls Football	**Autumn** **Spring** Key Steps Gym UVHS **Summer** LOC Orienteering School Sports day (to include multi skills elements)
Yr. 4	**Dance** linked to Creative Curric. **Gymnastics** travelling focus plus Key steps gym **Games** Multi skills with an invasion game focus **Swimming** **Outdoor Ed** Water sports/ canoeing	**Dance** linked to Creative Curric. **Gymnastics** rolling focus plus Key steps gym **Games** Multi skills with a striking focus	**Dance** linked to Creative Curric. **Gymnastics** Balance focus plus Key steps gym **Games** Multi skills with a throwing and catching focus **Outdoor Education** Orienteering	**Autumn** **Spring** Key steps Gym Club **Summer** Onside Girls Football	**Autumn** **Spring** Ulverston Swimming Gala Key Steps Gym UVHS **Summer** LOC Orienteering School Sports day (to include multi skills elements) Girls Football Competition (MWFT)

Yr. 5	**Dance** linked to Creative Curric. **Gymnastics** with a travel focus plus Key steps gym **Games** Multi skills with an invasion games focus **Outdoor Education** Climbing Wall	**Dance** Dance Platform **Gymnastics** with a rolling focus plus Key steps gym **Games** Multi skills with an invasion games focus **Outdoor Education** Cycling Proficiency	**Dance** linked to Creative Curric. **Gymnastics** rolling focus plus Key steps gym **Games** Multi skills with an athletics focus **Outdoor Education** Robinwood	**Autumn** Key steps Gym Club Young Sports Leaders Programme **Spring** Football Coaching **Summer** Onside Girls Football	**Autumn** **Spring** Ulverston Swimming Gala Key Steps Gym UVHS Indoor Athletics Tag Rugby UVHS High 5 Netball UVHS Dance Platform Key Steps Gym UVHS **Summer** Quick Cricket UVHS LOC Orienteering School Sports day (to include multi skills elements) Girls Football Competition (MWFT) Aquathlon
Yr. 6	**Dance** linked to Creative Curric. **Gymnastics** travelling focus plus Key steps gym **Games** Multi skills with a striking focus **Outdoor Education** Dry Ski Slope Visit/Tubing	**Dance** linked to Creative Curric. **Gymnastics** rolling focus plus Key steps gym **Games** Multi skills with an invasion focus	**Dance** linked to Creative Curric. **Gymnastics** Balance focus plus Key steps gym **Games** Multi skills with an athletics focus **Outdoor Education** London	**Autumn** **Spring** Key steps Gym Club **Summer** Onside Girls Football Tennis Coaching from Ulverston Tennis Club	**Autumn** **Spring** Ulverston Swimming Gala Key Steps Gym UVHS Indoor Athletics Tag Rugby UVHS High 5 Netball UVHS **Summer** Quick Cricket UVHS LOC Orienteering Girls Football Competition (MWFT)

					Aquathlon Great North Swim Event School Sports day (to include multi skills elements)
Inc. Prov		Inclusive Games Competition		Girls football coaching from Onside football coaching plus Morecambe Women's Team	**Autumn** **Spring** Key Steps Gym UVHS Indoor Athletics Tag Rugby UVHS High 5 Netball UVHS **Summer** Quick Cricket UVHS LOC Orienteering School Sports day (to include multi skills elements) and be accessible to all