



	Gymnastics	Dance	Games	Games	Athletics	OAA	Swimming
Reception	Fun Gym Shapes Move and Hold	On Parade Toys	Fundamentals Unit 1 Fundamentals Unit 2			Trails, Trust and Teamwork Units	
Year 1	Jumping Jacks Rock and Roll	Moving Words Weather	Fundamentals Unit 1 Fundamentals Unit 2				Beginners Unit 1-10
Year 2	Points of Contact Ball, Tall and Wall	Great Fire of London Magical Friendships	Fundamentals Unit 1 Fundamentals Unit 2		Change of speed and direction		Improvers Unit 1-10
Year 3	Patterns and Pathways Hand Apparatus	Solar System Machines	Ball Handling Skills Unit Striking, Fielding Games Unit		Challenges Unit	Co-operation, Communication and Consideration Unit	
Year 4	Principles of Balance Rotation	Cold Places Rugby/Haka	Invasion Games Ball on the Ground Unit Net Games Unit		Pentathlon Unit		Advanced Unit Unit 1-10
Year 5	Pair Composition Press and Go	On the Beach	Invasion Games: Football Unit Invasion Games Netball Unit	Striking and fielding	Heptathlon Unit		
Year 6	Body Symmetry Group Work	Football	Invasion Games: Ball Hockey Invasion Games Tag Rugby	Striking and fielding	Decathlon Unit		



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E Y F S	Fundamentals Unit 1 Running and stopping- HP activities	Fundamentals Unit 2 Throwing and catching	Dance 'On Parade'	Fundamentals Unit 3 <i>Rolling and receiving</i>	Cricket <i>Receiving and throwing</i>	Multi Skills-
	Gym 'Fun Shapes'	Multi Skills-	OOA	Dance 'Toys'	Gym 'Move and Hold'	Multi Skills-
Y e a r 1	Fundamentals Unit 3 <i>Receiving and striking- Coach Onside Sport</i>	Fundamentals Unit 2 <i>Throwing and catching</i>	Dance "Moving Words"	Gym 'Rock and Roll' <i>Balance and coordination</i>	Fundamentals Unit 2 <i>Throwing and catching</i>	Multi Skills-
	Fundamentals Unit 1 <i>Running and stopping- HP activities</i>	Gym 'Jumping Jacks' <i>Balance and coordination- Coach - Friday</i>	OAA Trails Trust <i>Teamwork</i>	Dance 'Weather' <i>Balance and coordination</i>	Fundamentals Unit 1 <i>Running and stopping</i>	Multi Skills-
Y e a r 2	OAA Trails Trust <i>Teamwork</i>	Gym 'Points of Contact' <i>Balance and coordination- Coach - Friday</i>	Dance great fire of London	Games <i>Fundamentals-dri bbling, passing, hit off tee</i>	Dance 'Magical Friendships'	Athletics- Change of speed and direction
	Games- fundamentals Striking and hit off a tee	Ball skills- <i>retrieving and throwing</i>	Games <i>Fundamentals- movement and timing</i>	OAA Problem Solving <i>Teamwork and values</i>	Gym 'Ball Wall Tall'	Athletics- <i>change of speed and direction Onside coaching</i>



Year 3	Striking and fielding games unit Cricket- Coach and Onside Sport	Balance and coordination Gym Patterns and Pathways- Coach	Swimming	Swimming	Invasion Games Tag rugby Monday	Invasion Games Tag rugby Monday
	Games Ball Handling Skills- Coach and Onside Sport	Dance with specialist Tuesdays	Swimming	Swimming	Challenge Unit Travel and throwing (Sports Day) Coach from Onside coaching	OOA
Year 4	Swimming	Swimming	Gym rotation Balance and coordination Onside coaching - Coach	Invasion Games- attacking and defending 'Ball on Ground' (Hockey) Onside coaching - Coach	Invasion Games Ball on the ground Tag rugby coaches Monday	Invasion Games Tag rugby Monday
	Swimming	Swimming	Dance with specialist. Tuesday	OAA Cooperation and communication	Running and throwing Athletics Pentathlon- Coach	Invasion Games Net games unit



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Year 5	Invasion Games Coordination and catching Small sided games Netball skills	Gymnastics- pair composition apparatus Travel Balance and co-ordination Different ways to move	Invasion Games Small sided games Passing and receiving Sending an object Tag Rugby skills- Monday	Invasion Games- Small sided games Tag rugby Coordination and catching	Swimming	Athletics ‘Heptathlon’ Jumping and running
	Invasion Games-small sided games Attack and defend Hockey skills	Dance- with specialist Tuesdays	OOA- cooperation and determination		Swimming	Striking and fielding Throwing and catching cricket Cricket
Year 6	Invasion Games Coordination and catching Small sided games Netball skills	Gymnastics-Body symmetry Balance and coordination Different ways to travel	Invasion Games Small sided games Passing and receiving Sending an object Tag Rugby-Monday	Invasion Games- Small sided games Tag rugby Coordination and catching	Athletics ‘Decathlon’ Jumping and running	Swimming
	Invasion Games-small sided games Attack and defend Hockey skills	OOA- cooperation and determination	Dance with specialist Tuesdays	Invasion Games Coordination and catching Small sided games Netball skills	Striking and fielding Throwing and catching cricket Cricket	Swimming