

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Physical Development Fundamentals Unit 1	Fundamentals Unit 1 Dance – On Parade	Gymnastics - Fun Gym Shapes Dance – Toys	Gymnastics – Move and Hold Balance Bikes	Fundamentals Unit 2 Sports Day event practice	Swimming Fundamentals Unit 2
1	Fundamentals Unit 1 (Year 1) OAA – Trails, trust and team work	Dance – Weather Gymnastics – Jumping Jacks	Dance – Moving Words Gymnastics – Rock and Roll	Fundamentals Unit 2 (year 1) Scootability	Athletics – Sports Day event practice	Swimming Fundamentals extra unit
2	Fundamentals Unit 1 (Year 2) OAA – KS1 unit	Dance – Great Fire of London Fundamentals Unit 1 (Year 2)	Gymnastics – Ball, Tall and Wall Dance – Magical friendships	Gymnastics – Points of Contact Fundamentals Unit 2 (year 2)	Athletics – Sports Day event practice	Swimming Fundamentals Striking unit
3	Games – Ball Handling OAA – team building and orienteering	Dance – Solar System Games – Ball Handling	Gymnastics – Patterns and Pathways Dance – Machines	Gymnastics – Hand Apparatus Games – Tennis	Athletics – Challenges Games – striking and fielding	Swimming Games – striking and fielding
4	Games – Ball on the ground OAA – Lower KS2 Unit	Dance – Cold Places Games – Ball on the ground	Gymnastics – Principles of balance Dance – Rugby and the Haka	Gymnastics – Rotation Games – Net Games	Athletics – Pentathlon Games – striking and fielding	Swimming Games – striking and fielding
5	Games - Netball OAA – Problem Solving and trust games	Gymnastics – Pair composition Dance – Dance Styles	Games – Football Gymnastics – Press and Go	Games – Football Dance – On the beach	Swimming Athletics – Heptathlon PREP FOR QUADKIDS	Swimming Games – striking and fielding
6	Games – Netball OAA – Upper KS2 Unit	Dance – Why bully me? Gymnastics – Group Work	Games – Hockey Gymnastics – Body Symmetry	Games – Tag Rugby Dance – Football	Swimming Athletics –Decathlon PREP FOR QUADKIDS	Swimming Games – striking and fielding
Comps and Events	Bee Netball OAA festival Year 3 and 4	Cross Country KS2 Friendship Games Friendship Mile	Year 5 play leader training in this term	Skipping Week Quick sticks hockey MVC Swimming gala Year 5 and 6	Dynamos Cricket Year 4-6 Quadkids athletics Year 5 and 6 Year 3 and 4 Tennis Festival	Sports Day Year 4 Mini Olympics