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| --- | --- | --- | --- | --- | --- | --- |
| CYCLE A:  TEACHERS | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 1** | **SUMMER 1** | **SUMMER 2** |
|  | Invasion Games | Dance | Dance | Net and Wall | Athletics  Track | Athletics Track |
| NURS/  REC | See continuous provision planning | | | | | |
| YEAR 1 / 2 | **Handball**  Ball control  [Develop fundamental movement skills] | **Dance**  Movement Patterns  [Perform dances using simple movement patterns] | **Dance**  Movement Patterns  [Perform dances using simple movement patterns] | **Dodgeball**  Throwing & Catching  [Apply skills to a range of activities] | **Athletics**  Coordination and movement  [Develop fundamental movement skills] | **Athletics**  Running, jumping and throwing  [Develop fundamental movement skills] |
| Year 3 / 4 | **Netball**  Blocking, Marking, Receiving, and Sending  [Develop a broader range of skills] | **Dance**  Varied Movement Patterns  [Perform dances using a range of movement patterns]. | **Dance**  Varied Movement Patterns  [Perform dances using a range of movement patterns] | **Dodgeball**  Aiming and dodging  [Develop technique and control] | **Athletics**  Running, sprinting, jumping, and throwing-  [Compare and improve performances with previous ones to achieve their personal best] | **Athletics**  Running, sprinting, jumping,and throwing  [Use skills in isolation and combination] |
| Year 5/6 | **Football**  Attacking and defending  [Apply a broader range of skills] | **Dance**  Performance of a dance  [Perform dances using a range of movement patterns] | **Dance**  Performance using a range of formations  Adapting level and speed [Link skills to make actions and sequences of movement] | **Tennis**  Cooperation and targeting  [Develop technique and control] | **Athletics**  Running for speed and distance  [Evaluate and recognise their own success] | **Athletics**  Passing and communicating  [Enjoy competing with each other] |

**Key**

**Theme/sport**

Skill

National curriculum coverage