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|  | Autumn 1  | Autumn 2 | Spring 1 | Spring 2 | Summer 1  | Summer 2  |
| year 1  | gym 1 - travellinggames 1 – bounce and catch | games 2 – receiving hands and feetdance 1 – simple movement | games 3 – sending and strikingdance 2- communicating feelings | gym2 - taking weightdance 3 – exploring patterns  | gym 3 – transferring weight games 4 – travelling | orienteering 1 - mapping games 5 – creating games |
| year 2 | gym 1 – balance games 1 - dribbling | games 2- running and jumpingdance 1 - communication | gym 2 – high and lowdance 2 – dynamics  | gym 3 – jump and landdance 3 - performing | orienteering 1 – making mapsgames 3- send and receive | athletics 1 - games 4 – throwing and catching  |
| year 3  | gym 1 – travelinvasion games 1 – creating space  | gym 2 – stretch and curlinvasion games 2 - passing | outdoor activities 1 – basic orientation and trails invasion games 3 - passing | net games 4 – striking invasion games 4 – striking  | athletics 1- run and jump/Quad kidsdance 1 – linking actions | athletics 2- throwing dance 2 – cultural dance  |
| year 4  | gym 1- balance invasion games 1 -control and receive  | orienteering 1 – making mapsgym 2 – receiving body weight | outdoor activities 1 – orienteering invasion games 2 – possessions  | invasion games 3 - invasion games 3 – marking and tackling  | athletics/Quad kidsdance 1– telling a story | athletics 2 - throwingdance 2 – characterisation  |
| year 5  | Invasion games – 1swimming (class 1)/dance 1 - formations | invasion games – 1 swimming (class1)/dance 2 – communication  |  gym 2 – bridgesswimming (class 2)/invasion games 1 - formation | gym 2 – bridges swimming (class 2)/invasion games 2 – striking and fielding  | Quadkids and orienteering 1 – making mapsswimming (class 3)/invasion games 3 – net games  | athletics 1 – running and throwingswimming (class 3)/invasion games 4 – net games  |
| year 6  | wall games 1 – attack and defenddance 1 – visual media | gym 1 – matching and mirroring dance 2 – performance  | gym 2 – counterbalance invasion games 1- attack and defend | outdoor activities and orienteering 1 – competition invasion games 2- tactics  | invasion games 3 – net games/Quadkids athletics 1 – running and throwing | invasion games 3 – net games athletics – throwing and jumping  |
| other | football leaguecross countrynetball league NAK competition | football leaguenetball league cross countrygym festivalrugby competition  | dance festival? |  | Quadkids (ks2) | sports daydistrict sports  |

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| Year 5  | Autumn | Spring | Summer |
| Class 1 | Swimming and gym | Invasion games and dance  | Athletics and Quadkids/orienteering  |
| Class 2 | Invasion games and dance | Swimming and gym | Athletics and Quadkids/orienteering  |
| Class 3  | Invasion games and dance | Gym and Quadkids/orienteering | Swimming and athletics  |

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| Year 6  | Autumn | Spring | Summer  |
| Class 1  | Wall games then gym  | Gym and outdoor activities inc orienteering  | Invasion games and quad kids  |
| Dance  | Invasion games  | Athletics  |
| Class 2  | Wall games then gym  | Gym and outdoor activities inc orienteering  | Invasion games and quad kids  |
| Dance  | Invasion games  | Athletics |
| Class 3  | Wall games then gym  | Gym and outdoor activities inc orienteering  | Invasion games and quad kids  |
| Dance  | Invasion games  | Athletics |
| Class 4  | Wall games then gym  | Gym and outdoor activities inc orienteering  | Invasion games and quad kids  |
| Dance  | Invasion games  | Athletics |