|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| year 1 | gym 1 - travelling  games 1 – bounce and catch | games 2 – receiving hands and feet  dance 1 – simple movement | games 3 – sending and striking  dance 2- communicating feelings | gym2 - taking weight  dance 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 jumping  dance 1 - communication | gym 2 – high and low  dance 2 – dynamics | gym 3 – jump and land  dance 3 - performing | orienteering 1 – making maps  games 3- send and receive | athletics 1 -  games 4 – throwing and catching |
| year 3 | gym 1 – travel  invasion games 1 – creating space | gym 2 – stretch and curl  invasion 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 kids  dance 1 – linking actions | athletics 2- throwing  dance 2 – cultural dance |
| year 4 | gym 1- balance  invasion games 1 -control and receive | orienteering 1 – making maps  gym 2 – receiving body weight | outdoor activities 1 – orienteering  invasion games 2 – possessions | invasion games 3 -  invasion games 3 – marking and tackling | athletics/Quad kids  dance 1– telling a story | athletics 2 - throwing  dance 2 – characterisation |
| year 5 | Invasion games – 1  swimming (class 1)/  dance 1 - formations | invasion games – 1  swimming (class1)/  dance 2 – communication | gym 2 – bridges  swimming (class 2)/  invasion games 1 - formation | gym 2 – bridges  swimming (class 2)/  invasion games 2 – striking and fielding | Quadkids and orienteering 1 – making maps  swimming (class 3)/  invasion games 3 – net games | athletics 1 – running and throwing  swimming (class 3)/  invasion games 4 – net games |
| year 6 | wall games 1 – attack and defend  dance 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 league  cross country  netball league  NAK competition | football league  netball league  cross country  gym festival  rugby competition | dance festival? |  | Quadkids (ks2) | sports day  district sports |

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |