

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Year 1	Gymnastics- Travelling Large Ball Skills (football)	Dance Throwing, catching and aiming games	Dance Games- speed, quickness and agility	Gymnastics- Stretch and curl Ropes, bats and small balls (Baseball)	Gymnastics- travel with weight on different body parts Athletics- speed, quickness and agility	Outdoor and Adventurous Dance Bat, ball and skipping skills (Tennis)
Year 2	Throwing and catching Aiming, hitting and kicking	Gymnastics- Flight Dance	Dance Dribbling, hitting and agility	Gymnastics- Points and patches Inventing games/ inventing rules	Gymnastics- Rocking and rolling Fundamentals and athletic activity	OAA Striking, aiming- Tennis
Year 3	Dance Football	Gymnastics- symmetrical and asymmetrical Dance	Passing and receiving skills- Netball Dance	Building racquet skills- tennis Swimming	OAA Invasion- developing hockey skills	Gymnastics – Pathways Athletics- Throwing, jumping, running
Year 4	Invasion games- football	Dance Gymnastics- Balance leading into change of front and direction	Passing, shooting, travelling- netball/ rugby Dance	Gymnastics- Receiving Body Weight Hockey	Swimming Striking and fielding- cricket	OAA Athletics- Throwing, jumping, running, SAQ
Year 5	Dance- Hakka Invasion games- rugby	Gymnastics- Flight Dribbling, passing, shooting and skills in games- hockey	Dance Developing dribbling, passing and shooting skills with games	Gymnastics- bridges Football	OAA Striking and fielding- Developing cricket skills, game awareness and problem solving	Swimming Athletics- throwing, jumping, running and SAQ
Year 6	Gymnastics- match and mirror OAA	Dance Invasion- tag rugby	Gymnastics- synchro and canon Developing dribbling, passing and shooting skills with games	Dance Football	Gymnastics- counterbalance and tension Striking and fielding games awareness and problem solving- cricket	Athletics- throwing, jumping, running and SAQ Sports 'Leadership'