

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Beginning to show strength, balance and coordination.	Kick a large ball and develop throwing and catching skills.	Developing skills to move confidently and safely in a variety of ways, (crawling rolling, sliding, climbing, running) using a range of equipment.	To follow a path To walk, run and stop To gallop (pre skipping)	Beginning to think about how to look after my body.	To balance on one foot for a short time Beginning to recognise and describe changes to my body after exercise.
Reception	Travel safely and confidently in a space, in a variety of different ways (hopping, skipping and jumping.) To change direction To balance safely	Display good co-ordination and control in dance, representing my ideas and feelings through movement.	Show increasing control of a ball when kicking, throwing and catching	Play team games, taking turns and following the rules of the game. Know and explain why I get out of breath, or get hot and sweaty.	To dribble a ball using hands, then a bat To develop accuracy when throwing a target	To throw and catch with a partner using a big ball then small To follow instructions and move safely when playing tagging games
Year 1 and 2	Ball Skills - To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.	Football - To participate in team games, developing simple tactics for attacking and defending.	Gymnastics - To develop balance, agility and co-ordination.	Dance - To perform dances using a range of movement patterns.	Striking and Fielding - To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.	Athletics and O&A - To master basic movements including running, jumping.
Year 3 and 4	Hockey -To play competitive games and apply basic principles suitable for attacking and defending. -To use running, jumping, throwing and catching in isolation and in combination.	Football - To play competitive games and apply basic principles suitable for attacking and defending. - To use running, jumping, throwing and catching in isolation and in combination.	Gymnastics - To develop flexibility, strength, technique, control and balance.	Dance - To perform dances using simple movement patterns.	Cricket - To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.	Athletics and O&A - To develop flexibility, strength, technique, control and balance. - To take part in outdoor and adventurous activity challenges both individually and within a team.

Year 5 and 6	<p>Hockey</p> <ul style="list-style-type: none"> <li>- To play competitive games and apply basic principles suitable for attacking and defending.</li> <li>- To use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<p>Football</p> <ul style="list-style-type: none"> <li>- To play competitive games and apply basic principles suitable for attacking and defending.</li> <li>- To use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<p>Gymnastics</p> <ul style="list-style-type: none"> <li>- To develop flexibility, strength, technique, control and balance.</li> </ul>	<p>Dance</p> <ul style="list-style-type: none"> <li>- To perform dances using simple movement patterns.</li> </ul>	<p>Cricket</p> <ul style="list-style-type: none"> <li>- To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.</li> </ul>	<p>Athletics and O&amp;A</p> <ul style="list-style-type: none"> <li>- To develop flexibility, strength, technique, control and balance.</li> <li>- To take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>
	<p style="text-align: center;"><b>Swimming – By the end of UKS2</b>  Swim competently, confidently &amp; proficiently over at least 25m.  Use a range of strokes  Perform safe self-rescue in different situations</p>					

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Beginning to show strength, balance and coordination.	Kick a large ball and develop throwing and catching skills.	Developing skills to move confidently and safely in a variety of ways, (crawling rolling, sliding, climbing, running) using a range of equipment.	To follow a path To walk, run and stop To gallop (pre skipping)	Beginning to think about how to look after my body.	To balance on one foot for a short time Beginning to recognise and describe changes to my body after exercise.
Reception	Travel safely and confidently in a space, in a variety of different ways (hopping, skipping and jumping.) To change direction To balance safely	Display good co-ordination and control in dance, representing my ideas and feelings through movement.	Show increasing control of a ball when kicking, throwing and catching	Play team games, taking turns and following the rules of the game. Know and explain why I get out of breath, or get hot and sweaty.	To dribble a ball using hands, then a bat To develop accuracy when throwing a target	To throw and catch with a partner using a big ball then small To follow instructions and move safely when playing tagging games
Year 1 and 2	Sending and receiving - To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.	Invasion Games - To participate in team games, developing simple tactics for attacking and defending.	Gymnastics - To develop balance, agility and co-ordination.	Dance - To perform dances using simple movement patterns.	Net and Wall - To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.	Athletics and O&A - To master basic movements including running, jumping.
Year 3 and 4	Rounders - To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.	Tag Rugby - To play competitive games and apply basic principles suitable for attacking and defending. - To use running, jumping, throwing and catching in isolation and in combination.	Gymnastics - To develop flexibility, strength, technique, control and balance.	Dance - To perform dances using a range of movement patterns.	Tennis - To play competitive games - To use running, jumping, throwing and catching in isolation and in combination.	Athletics and O&A - To develop flexibility, strength, technique, control and balance. - To take part in outdoor and adventurous activity challenges both individually and within a team.

Year 5 and 6	<p>Rounders</p> <ul style="list-style-type: none"> <li>- To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.</li> </ul>	<p>Tag Rugby</p> <ul style="list-style-type: none"> <li>- To play competitive games and apply basic principles suitable for attacking and defending.</li> <li>- To use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<p>Gymnastics</p> <ul style="list-style-type: none"> <li>- To develop flexibility, strength, technique, control and balance.</li> </ul>	<p>Dance</p> <ul style="list-style-type: none"> <li>- To perform dances using a range of movement patterns.</li> </ul>	<p>Tennis</p> <ul style="list-style-type: none"> <li>- To play competitive games</li> <li>- To use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<p>Athletics and O&amp;A</p> <ul style="list-style-type: none"> <li>- To develop flexibility, strength, technique, control and balance</li> <li>- To take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>
	<p><b>Swimming – By the end of UKS2</b></p> <p>Swim competently, confidently &amp; proficiently over at least 25m.</p> <p>Use a range of strokes</p> <p>Perform safe self-rescue in different situations</p>					

<p>Net and Wall</p> <ul style="list-style-type: none"> <li>- To master basic movements including throwing and catching, as well as developing balance, agility and co-ordination.</li> </ul>
<p>Tennis</p> <ul style="list-style-type: none"> <li>- To play competitive games</li> <li>- To use running, jumping, throwing and catching in isolation and in combination.</li> </ul>
<p>Tennis</p> <ul style="list-style-type: none"> <li>- To play competitive games.</li> <li>- To use running, jumping, throwing and catching in isolation and in combination.</li> </ul>