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| Term | Year group: 3 | 4 | 5 | 6 |
| Autumn 1 |  Lesson 1: Throwing and Catching gamesSuggested Activities:* Dodgeball
* Benchball/Zone Ball
* Tag Ball

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 | Lesson 1: Throwing and Catching gamesSuggested Activities:* Dodgeball
* Benchball/Zone Ball
* Tag Ball

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 | Lesson 1: Throwing and Catching gamesSuggested Activities:* Netball
* Handball
* Basketball

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 | Lesson 1: Throwing and Catching gamesSuggested Activities:* Netball
* Handball
* Basketball

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 |
| Autumn 2 | Lesson 1: Invasion gamesSuggested Activities* Football
* Hockey
* Tag Rugby

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 | Lesson 1: Invasion gamesSuggested Activities:* Football
* Hockey
* Tag Rugby

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 | Lesson 1: Attacking and defending principlesSuggested activities: * Football
* Hockey
* Rugby

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 | Lesson 1: Attacking and defending principlesSuggested activities: * Football
* Hockey
* Rugby

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance
* Yoga
 |
| Spring 1 | Lesson 1: Net and Wall GamesSuggested Activities:* Seated volleyball
* Volleyball

Lesson 2: Flexibility, strength, control and balanceSuggested activities: Fitness* Circuits
* Aerobics
* Zumba
* Cross Country
* Hit Training
 | Lesson 1: Net and Wall GamesSuggested Activities:* Seated volleyball
* Volleyball

Lesson 2: Flexibility, strength, control and balanceSuggested activities: Fitness* Circuits
* Aerobics
* Zumba
* Cross Country
* Hit Training
 | Lesson 1: SwimmingLesson 2: Flexibility, strength, control and balanceSuggested activities: Fitness* Circuits
* Aerobics
* Zumba
* Cross Country
* Hit Training
 | Lesson 1: Net and Wall GamesSuggested Activities:* Seated volleyball
* Volleyball

Lesson 2: Flexibility, strength, control and balanceSuggested activities: Fitness* Circuits
* Aerobics
* Zumba
* Cross Country
* Hit Training
 |
| Spring 2 | Lesson 1: Outdoor adventurous activitiesSuggested activities:* OAA
* Team building
* Trim Trail

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics-apparatus
* Dance
* Yoga
 | Lesson 1: Outdoor adventurous activitiesSuggested activities:* OAA
* Team building
* Trim Trail

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics-apparatus
* Dance
* Yoga
 | Lesson 1: Swimming Lesson 2: Net and Wall GamesSuggested Activities:* Volleyball
* Seated volleyball
 | Lesson 1: Invasion GamesSuggested activities:* Football
* Hockey
* Rugby
* Netball
* Handball
* Basketball

Lesson 2: Flexibility, strength, control and balanceSuggested activities:* Gymnastics-apparatus
* Dance
* Yoga
 |
| Summer 1 | Lesson 1: Striking and Fielding gamesSuggested Activities:* Kick and run
* Danish long ball

Lesson 2: AthleticsSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION | Lesson 1: Striking and Fielding gamesSuggested Activities:* Kick and run
* Danish long ball

Lesson 2: AthleticsSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION  | Lesson 1: Outdoor adventurous activitiesSuggested activities:* OAA
* Team building
* Trim Trail
* Residential

Lesson 2: Athletic ActivitiesSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION | Lesson 1: Outdoor adventurous activitiesSuggested activities:* OAA
* Team building
* Trim Trail
* Residential

Lesson 2: Athletic ActivitiesSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION |
| Summer 2 | Lesson 1: Net and Wall GamesSuggested Activities:* Tennis
* Badminton

Lesson 2: Striking and Fielding gamesSuggested Activities:* Rounders
* Kwik Cricket
 | Lesson 1: Net and Wall GamesSuggested Activities:* Tennis
* Badminton

Lesson 2: Striking and Fielding gamesSuggested Activities:* Rounders
* Kwik Cricket
 | Lesson 1: Net and Wall GamesSuggested Activities:* Tennis
* Badminton

Lesson 1: Striking and Fielding gamesSuggested Activities:* Cricket
* Rounders
 | Lesson 1: Net and Wall GamesSuggested Activities:* Tennis
* Badminton

Lesson 1: Striking and Fielding gamesSuggested Activities:* Cricket
* Rounders
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| Term | Year group: F1 Nursery | F2 Reception | 1 | 2 |
| Autumn 1 |  Lesson 1: Throwing and Catching gamesSuggested Activities:* Beanbag familiarisation
* Selection of ball work
* Target games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Gymnastics
 | Lesson 1: Throwing and Catching gamesSuggested Activities:* Beanbag familiarisation
* Selection of ball work
* Target games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Gymnastics
 | Lesson 1: Throwing and Catching gamesSuggested Activities:* Beanbag familiarisation
* Selection of ball work
* Target games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Gymnastics
 | Lesson 1: Throwing and Catching gamesSuggested Activities:* Beanbag familiarisation
* Selection of ball work
* Target games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Gymnastics
 |
|  Autumn 2 | Lesson 1: Running and Jumping Activities:* Relay races
* Jumping challenges-speed bounce, broad jump-2 footed jumping, 1 footed jumping

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Dance
 | Lesson 1: Running and Jumping Activities:* Relay races
* Jumping challenges-speed bounce, broad jump-2 footed jumping, 1 footed jumping

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Dance
 | Lesson 1: Running and Jumping Activities:* Relay races
* Jumping challenges-speed bounce, broad jump, skipping

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Dance
 | Lesson 1: Running and Jumping Activities:* Relay races
* Jumping challenges-speed bounce, broad jump, different foot patterns of jumping, skipping

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Dance
 |
| Spring 1 | Lesson 1: Team Games:Suggested Activities:* Devising own games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Multi skills challenges
 | Lesson 1: Team Games:Suggested Activities:* Devising own games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Multi skills challenges
 | Lesson 1: Team Games:Suggested Activities:* Devising own games
* Introductory sessions to basketball/netball style simple games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Multi skills challenges
 | Lesson 1: Team Games:Suggested Activities:* Devising own games
* Introductory sessions to basketball/netball style simple games

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Multi skills challenges
 |
| Spring 2 | Lesson 1: Simple gamesSuggested Activities:* Bowles
* Skittles

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Fitness-circuits, Zumba, aerobics style activities, fitness to music
 | Lesson 1: Simple gamesSuggested Activities:* Bowles
* Skittles

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Fitness-circuits, Zumba, aerobics style activities, fitness to music
 | Lesson 1: Attacking and defending gamesSuggested Activities:* Uni hock
* Dodgeball

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Fitness-circuits, Zumba, aerobics style activities, fitness to music
 | Lesson 1: Attacking and defending gamesSuggested Activities:* Uni hock
* Dodgeball

Lesson 2: Balance, agility and co-ordinationSuggested activities:* Fitness-circuits, Zumba, aerobics style activities, fitness to music
 |
| Summer 1 | Lesson 1: Target gamesSuggested Activities:* Tri Golf (Target game)
* Curling

Lesson 2: AthleticsSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION  | Lesson 1: Target gamesSuggested Activities:* Tri Golf (Target game)
* Curling

Lesson 2: AthleticsSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing
* Hurdles

SPORTS DAY PREPARATION  | Lesson 1: Striking and Fielding gamesSuggested Activities:* Kick and run
* Danish long ball

Lesson 2: Athletic ActivitiesSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION | Lesson 1: Striking and Fielding gamesSuggested Activities:* Kick and run
* Danish long ball

Lesson 2: Athletic ActivitiesSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION |
| Summer 2 | Lesson 1: Net and Wall GamesSuggested Activities:* Short Tennis
* Bat and ball

Lesson 2: Striking and Fielding gamesSuggested Activities:* French cricket
* Kick and run
* Danish long ball
 | Lesson 1: Net and Wall GamesSuggested Activities:* Short Tennis
* Bat and ball

Lesson 2: Striking and Fielding gamesSuggested Activities:* French cricket
* Kick and run
* Danish Long ball
 | Lesson 1: Target gamesSuggested Activities:* Skittles
* Bowles
* Tri Golf
* Curling

Lesson 2: Striking and Fielding gamesSuggested Activities:* Rounders
* Kwik Cricket
 | Lesson 1: Target gamesSuggested Activities:* Skittles
* Bowles
* Tri Golf
* Curling

Lesson 2: Striking and Fielding gamesSuggested Activities:* Rounders
* Kwik Cricket
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