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| Term | Year group: 3 | 4 | 5 | 6 |
| Autumn 1 | Lesson 1: Throwing and Catching games  Suggested Activities:   * Dodgeball * Benchball/Zone Ball * Tag Ball   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga | Lesson 1: Throwing and Catching games  Suggested Activities:   * Dodgeball * Benchball/Zone Ball * Tag Ball   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga | Lesson 1: Throwing and Catching games  Suggested Activities:   * Netball * Handball * Basketball   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga | Lesson 1: Throwing and Catching games  Suggested Activities:   * Netball * Handball * Basketball   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga |
| Autumn 2 | Lesson 1: Invasion games  Suggested Activities   * Football * Hockey * Tag Rugby   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga | Lesson 1: Invasion games  Suggested Activities:   * Football * Hockey * Tag Rugby   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga | Lesson 1: Attacking and defending principles  Suggested activities:   * Football * Hockey * Rugby   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga | Lesson 1: Attacking and defending principles  Suggested activities:   * Football * Hockey * Rugby   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance * Yoga |
| Spring 1 | Lesson 1: Net and Wall Games  Suggested Activities:   * Seated volleyball * Volleyball   Lesson 2: Flexibility, strength, control and balance  Suggested activities: Fitness   * Circuits * Aerobics * Zumba * Cross Country * Hit Training | Lesson 1: Net and Wall Games  Suggested Activities:   * Seated volleyball * Volleyball   Lesson 2: Flexibility, strength, control and balance  Suggested activities: Fitness   * Circuits * Aerobics * Zumba * Cross Country * Hit Training | Lesson 1: Swimming  Lesson 2: Flexibility, strength, control and balance  Suggested activities: Fitness   * Circuits * Aerobics * Zumba * Cross Country * Hit Training | Lesson 1: Net and Wall Games  Suggested Activities:   * Seated volleyball * Volleyball   Lesson 2: Flexibility, strength, control and balance  Suggested activities: Fitness   * Circuits * Aerobics * Zumba * Cross Country * Hit Training |
| Spring 2 | Lesson 1: Outdoor adventurous activities  Suggested activities:   * OAA * Team building * Trim Trail   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics-apparatus * Dance * Yoga | Lesson 1: Outdoor adventurous activities  Suggested activities:   * OAA * Team building * Trim Trail   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics-apparatus * Dance * Yoga | Lesson 1: Swimming  Lesson 2: Net and Wall Games  Suggested Activities:   * Volleyball * Seated volleyball | Lesson 1: Invasion Games  Suggested activities:   * Football * Hockey * Rugby * Netball * Handball * Basketball   Lesson 2: Flexibility, strength, control and balance  Suggested activities:   * Gymnastics-apparatus * Dance * Yoga |
| Summer 1 | Lesson 1: Striking and Fielding games  Suggested Activities:   * Kick and run * Danish long ball   Lesson 2: Athletics  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION | Lesson 1: Striking and Fielding games  Suggested Activities:   * Kick and run * Danish long ball   Lesson 2: Athletics  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION | Lesson 1: Outdoor adventurous activities  Suggested activities:   * OAA * Team building * Trim Trail * Residential   Lesson 2: Athletic Activities  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION | Lesson 1: Outdoor adventurous activities  Suggested activities:   * OAA * Team building * Trim Trail * Residential   Lesson 2: Athletic Activities  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION |
| Summer 2 | Lesson 1: Net and Wall Games  Suggested Activities:   * Tennis * Badminton   Lesson 2: Striking and Fielding games  Suggested Activities:   * Rounders * Kwik Cricket | Lesson 1: Net and Wall Games  Suggested Activities:   * Tennis * Badminton   Lesson 2: Striking and Fielding games  Suggested Activities:   * Rounders * Kwik Cricket | Lesson 1: Net and Wall Games  Suggested Activities:   * Tennis * Badminton   Lesson 1: Striking and Fielding games  Suggested Activities:   * Cricket * Rounders | Lesson 1: Net and Wall Games  Suggested Activities:   * Tennis * Badminton   Lesson 1: Striking and Fielding games  Suggested Activities:   * Cricket * Rounders |

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| Term | Year group: F1 Nursery | F2 Reception | 1 | 2 |
| Autumn 1 | Lesson 1: Throwing and Catching games  Suggested Activities:   * Beanbag familiarisation * Selection of ball work * Target games   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Gymnastics | Lesson 1: Throwing and Catching games  Suggested Activities:   * Beanbag familiarisation * Selection of ball work * Target games   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Gymnastics | Lesson 1: Throwing and Catching games  Suggested Activities:   * Beanbag familiarisation * Selection of ball work * Target games   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Gymnastics | Lesson 1: Throwing and Catching games  Suggested Activities:   * Beanbag familiarisation * Selection of ball work * Target games   Lesson 2: Balance, agility and co-ordination  Suggested 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-ordination  Suggested 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-ordination  Suggested activities:   * Dance | Lesson 1: Running and Jumping Activities:   * Relay races * Jumping challenges-speed bounce, broad jump, skipping   Lesson 2: Balance, agility and co-ordination  Suggested 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-ordination  Suggested activities:   * Dance |
| Spring 1 | Lesson 1: Team Games:  Suggested Activities:   * Devising own games   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Multi skills challenges | Lesson 1: Team Games:  Suggested Activities:   * Devising own games   Lesson 2: Balance, agility and co-ordination  Suggested 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-ordination  Suggested 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-ordination  Suggested activities:   * Multi skills challenges |
| Spring 2 | Lesson 1: Simple games  Suggested Activities:   * Bowles * Skittles   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Fitness-circuits, Zumba, aerobics style activities, fitness to music | Lesson 1: Simple games  Suggested Activities:   * Bowles * Skittles   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Fitness-circuits, Zumba, aerobics style activities, fitness to music | Lesson 1: Attacking and defending games  Suggested Activities:   * Uni hock * Dodgeball   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Fitness-circuits, Zumba, aerobics style activities, fitness to music | Lesson 1: Attacking and defending games  Suggested Activities:   * Uni hock * Dodgeball   Lesson 2: Balance, agility and co-ordination  Suggested activities:   * Fitness-circuits, Zumba, aerobics style activities, fitness to music |
| Summer 1 | Lesson 1: Target games  Suggested Activities:   * Tri Golf (Target game) * Curling   Lesson 2: Athletics  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION | Lesson 1: Target games  Suggested Activities:   * Tri Golf (Target game) * Curling   Lesson 2: Athletics  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing * Hurdles   SPORTS DAY PREPARATION | Lesson 1: Striking and Fielding games  Suggested Activities:   * Kick and run * Danish long ball   Lesson 2: Athletic Activities  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION | Lesson 1: Striking and Fielding games  Suggested Activities:   * Kick and run * Danish long ball   Lesson 2: Athletic Activities  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION |
| Summer 2 | Lesson 1: Net and Wall Games  Suggested Activities:   * Short Tennis * Bat and ball   Lesson 2: Striking and Fielding games  Suggested Activities:   * French cricket * Kick and run * Danish long ball | Lesson 1: Net and Wall Games  Suggested Activities:   * Short Tennis * Bat and ball   Lesson 2: Striking and Fielding games  Suggested Activities:   * French cricket * Kick and run * Danish Long ball | Lesson 1: Target games  Suggested Activities:   * Skittles * Bowles * Tri Golf * Curling   Lesson 2: Striking and Fielding games  Suggested Activities:   * Rounders * Kwik Cricket | Lesson 1: Target games  Suggested Activities:   * Skittles * Bowles * Tri Golf * Curling   Lesson 2: Striking and Fielding games  Suggested Activities:   * Rounders * Kwik Cricket |