

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Gymnastics (balancing and spelling on points and patches) Dance	Gymnastics (Pathways – straight. Zipzap and curving) Yoga	Gymnastics (linking moving together) Yoga	Gymnastics (partner work – pushing and pulling) Dance	Gymnastics (matching and mirroring and contrast) Swimming	Gymnastics (countering – balance and counter tension) Swimming
Autumn 2	Gymnastics (pathways – short and long)	Gymnastics (spinning, turning and twisting) Dance	Gymnastics (symmetry and asymmetry - partners) Dance	Gymnastics (symmetry and asymmetry - partners) Dance	Gymnastics (symmetry and asymmetry - partners) Swimming	Gymnastics (group sequence)
Spring 1	Net and wall games	Net and wall games	Net and wall games (dodgeball) Swimming	Net and wall games (tennis) Swimming	Net and wall games (volleyball) Dance	Net and wall games (badminton) Dance
Spring 2	Invasion games Dance	Invasion games Dance	Invasion games (handball) Swimming	Invasion games (netball) Swimming	Invasion games (basket ball)	OOA (team building and problem solving) Dance
Summer 1	Athletics	Athletics	Athletics	Athletics Dance	Athletics Striking and fielding games	Athletics Swimming
Summer 2	Striking and fielding games	Striking and fielding games	OOA Striking and fielding games	OOA Striking and fielding games	OOA (leadership) Dance	Invasion games (tag rugby) Swimming 3.1, 3.2, 3.3