



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	INDOOR	Fitness	Dance	Gymnastics	Fitness	Dance	Gymnastics
	OUTDOOR	<b>Throwing &amp; Catching skills.</b> ♣ master basic movements including, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<b>Bat and Ball skills.</b> ♣ master basic movements including, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Invasion Game: Basketball	Net and Wall Game- Tennis	Invasion Game- Hockey	Athletics
Year 2	INDOOR	Fitness	Target Game Dodgeball	Gymnastics	Fitness	Dance- African (DDMIX)	Gymnastics
	OUTDOOR	Invasion Game- Hockey	Net and Wall Game- Tennis (LTA)	Invasion Game- Football	Strike and field game_ Cricket	Yoga	Athletics
Year 3	INDOOR	Gymnastics	Fitness	Target Game Dodgeball	Gymnastics	Fitness	Dance
	OUTDOOR	Invasion Game- Football	Invasion Game- Basketball	Orienteering	Net and wall Tennis	Athletics	Strike and Field- Rounders
Year 4	INDOOR	Gymnastics	Fitness	Dance	Gymnastics	Fitness	Dance
	OUTDOOR	Invasion Game- Netball	Invasion Game- Hockey	Net and Wall Game- Tennis (LTA)	Striking and fielding- Platform Cricket	Athletics	Orienteering

Year 5	INDOOR	Fitness	Gymnastics	Dance Line Dancing (DDMIX)	Dance	Gymnastics	Fitness
	OUTDOOR	Invasion Game- Hockey	Target Game Dodgeball	Strike and Field Rounders	Net and Wall Game- Tennis	Invasion Game- Netball	Athletics
Year 6	INDOOR	Dance	Gymnastics	Fitness	Gymnastics	Target Game Dodgeball	Dance Bollywood (DDMIX)
	OUTDOOR	Invasion Game- Hockey	Net and Wall Game- Tennis (LTA)	Invasion Game- Football	Invasion Game- Basket ball	Health & Wellbeing Yoga	Athletics