

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<p><b>Gymnastics Reception Unit 1</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>Games Unit 1</b> <b>Ball skills</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p><b>Gymnastics Reception Unit A</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Dance – waiting for Charlotte</p> <p>Perform dances using simple movement patterns.</p>	<p><b>Gymnastics Reception Unit B</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Dance – see Charlotte</p> <p>Perform dances using simple movement patterns.</p>	<p><b>Gymnastics Reception Unit C</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>Games – Unit 2</b> <b>Throwing and catching</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p><b>Gymnastics – Unit D</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>Games – Unit 3</b> <b>Bat and ball focus</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p><b>Gymnastics – Unit E</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p><b>Athletics – Unit 2</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>

2	<p>Gymnastics Unit F</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Games Unit 1 <b>Throwing and catching</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Gymnastics Unit G</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Dance – waiting for Charlotte</p> <p>Perform dances using simple movement patterns.</p>	<p>Gymnastics Unit H</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Dance – Charlotte</p> <p>Perform dances using simple movement patterns.</p>	<p>Gymnastics Unit I</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Games – Unit 3 <b>Dribbling</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Gymnastics – Unit J</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Games – Unit 4 <b>Group games</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Gymnastics – Unit K</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Athletics – Unit 2</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>
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3	<p>Gymnastics Unit L</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games Unit 1 <b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>- <b>Basketball</b></li> <li>- <b>Netball</b></li> </ul> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate,</p>	<p>Gymnastics Unit M</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Dance Unit 2 – <b>The Explorer / Hornpipe</b></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns</p> <p>Compare their</p>	<p>Gymnastics Unit N</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Dance Unit 4 – <b>Mechanical Progress / The Human Engine</b></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns.</p>	<p>Gymnastics – Unit O</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 2 <b>Creative games making</b></p> <ul style="list-style-type: none"> <li>- <b>Tag rugby</b></li> </ul> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where</p>	<p>Athletics – Unit 1</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 3 <b>Net court / ball games</b></p> <ul style="list-style-type: none"> <li>- <b>Tennis</b></li> </ul> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate,</p>	<p>Athletics – Unit 2</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 4 <b>Striking and fielding</b></p> <ul style="list-style-type: none"> <li>- <b>Rounders</b></li> </ul> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate,</p>

	and apply basic principles suitable for attacking and defending	performances with previous ones and demonstrate improvement to achieve their personal best.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	appropriate, and apply basic principles suitable for attacking and defending	and apply basic principles suitable for attacking and defending	and apply basic principles suitable for attacking and defending
4	<p>Gymnastics Unit P</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games Unit 1 <b>Net/ Court Wall games</b> - <b>Tennis</b></p> <p>Use running, jumping, throwing</p>	<p>Gymnastics Unit Q</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Dance Unit 2 – <b>Electricity</b></p> <p>Develop flexibility, strength, technique,</p>	<p>Gymnastics Unit R</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Dance – Unit 4 <b>Wimbledon</b></p> <p>Develop flexibility, strength,</p>	<p>Gymnastics – Unit S</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 2 <b>Problem solving + Making own games</b></p> <p>Use running,</p>	<p>Athletics – Unit 1</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 4 <b>Striking and fielding</b> - <b>Rounders</b></p> <p>Use running, jumping, throwing</p>	<p>Athletics – Unit 2</p> <p>Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 3 <b>Invasion games</b> - <b>Football</b></p> <p>Use running, jumping, throwing</p>

	<p>and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
5	<p>Gymnastics – Unit T</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 1 <b>Net/ Court Wall</b></p>	<p>Gymnastics – Unit U</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Dance – Unit 4 <b>Volcanoes / Punch</b></p>	<p>Gymnastics – Unit U</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Dance – <b>James Bond (own</b></p>	<p>Gymnastics – Unit B</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 2 <b>Invasion Target</b></p>	<p>Gymnastics – Unit W</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 4 <b>Striking and fielding</b></p>	<p>Athletics – Unit 2</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games – Unit 3 <b>Invasion games</b></p>

	<p><b>Games</b> - <b>Badminton</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>	<p><b>and Wrestle</b></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>planning)</b></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Games (Ball handling)</b> - <b>Netball</b> - <b>Basketball</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>	<p>- <b>Cricket</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>	<p>- <b>Hockey</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>
6	<p>Gymnastics Unit X</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate</p>	<p>Gymnastics Unit Y</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate</p>	<p>Gymnastics Unit Z</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and</p>	<p>Gymnastics A*</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and</p>	<p>Athletics – Unit 1</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate</p>	<p>Athletics – Unit 2</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate</p>

	<p>improvement to achieve their personal best.</p> <p><b>Games – Unit 1 Invasion</b> - <b>Hockey</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>improvement to achieve their personal best.</p> <p><b>Dance – Hakka (own planning)</b></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>demonstrate improvement to achieve their personal best.</p> <p><b>Dance – Unit 4 Flight from Danger</b></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>demonstrate improvement to achieve their personal best.</p> <p><b>Invasion – Unit 2 Net/ court wall games</b> - <b>Netball</b> - <b>Basketball</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending..Develop flexibility, strength, technique, control and balance.</p>	<p>improvement to achieve their personal best.</p> <p><b>Games – Unit 4 Invasion Games</b> - <b>Tag Rugby</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>improvement to achieve their personal best.</p> <p><b>Games – Unit 3 Striking and fielding</b> - <b>Cricket</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p>
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