

	Autumn		Spring		Summer	
Year 1	Attack Defend Shoot Unit 1	Attack Defend Shoot Unit 2	Send and Return Unit 1	Send and Return Unit 2	Hit Catch Run Unit 1	Hit Catch Run Unit 2
	Practise basic movements and competitive games, developing decision-making, teamwork, and attack/defend skills.	Apply simple invasion game strategies, focusing on defending positions, adapting to game changes, and cooperation.	Send and return objects with improved confidence, movement to return, and basic net/wall game play.	Develop sending skills, tracking, intercepting, and applying tactics to beat opponents in net/wall games.	Hit, track, and retrieve balls; throw and catch accurately; develop teamwork in striking and fielding games.	Refine striking and fielding tactics, including catching, positioning, and decision-making in gameplay.
	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Run Jump Throw Unit 1	Run Jump Throw Unit 2
	Learn and perform simple gymnastics actions and shapes, developing balance, tension, and safe apparatus use.	Develop point balances, twists, rocks, rolls, unison and canon techniques with control and confidence.	Explore movement, space, and partner work to music, creating actions that convey friendship.	Compose and perform simple movement patterns using canon, formations, and group coordination.	Children link running and jumping skills, refine throwing techniques, and take part in simple competitions to develop speed, distance, and control.	This unit builds stamina, core strength, and agility while encouraging collaboration to enhance running, jumping, and throwing performance.

	Autumn		Spring		Summer	
Year 2	Year 2 Attack Defend Shoot Unit 1	Year 2 Attack Defend Shoot Unit 2	Year 2 Send and Return Unit 1	Year 2 Send and Return Unit 2	Year 2 Hit Catch Run Unit 1	Year 2 Hit Catch Run Unit 2
	Focuses on refining ball control with feet, teamwork to maintain possession, and combining skills like dribbling and passing. Pupils develop spatial awareness, decision-making, and apply tactics in invasion games.	Builds on ball skills with varied equipment, introducing goalkeeper positioning, intercepting, and applying tactics in competitive situations. Pupils enhance cooperation and adaptability in attack and defence.	Develops agility, correct grip, and rally skills in net/wall games. Pupils learn self-feeding techniques, dominant hand use, and basic serving rules while applying these in modified games.	Extends net/wall skills with overarm attacking shots, tactical placement, and managing roles within competitions. Pupils improve coordination, teamwork, and strategic decision-making.	Introduces striking and fielding with various bats, bowling skills, and running between bases to score. Pupils develop spatial awareness, batting strategies, and cooperative fielding.	Builds on striking and fielding by introducing roles like wicketkeeper and backstop, and exploring multiple ways to score runs. Pupils work collaboratively in batting and fielding teams.
	Year 2 Gymnastics Unit 1	Year 2 Gymnastics Unit 2	Year 2 Dance Unit 1	Year 2 Dance Unit 2	Run Jump Throw Unit 1	Run Jump Throw Unit 2
	Focuses on combining gymnastic elements into sequences, developing flexibility, and performing balances like arabesque. Pupils learn to transition smoothly between movements.	Develops body management, core strength, and rhythm in sequences. Pupils link gymnastic elements such as back support and L-sit, working with partners to create smooth performances.	Uses storytelling through movement, exploring characters and emotions in dance. Pupils perform in duets and as a class, applying dynamics and facial expressions.	Encourages creativity and expression through motifs, formations, and varied movement pathways. Pupils work individually and collaboratively to develop structured performances.	Learners develop power, agility, and control in running, jumping, and throwing while negotiating obstacles and selecting appropriate techniques.	The focus is on sustaining running and jumping over longer periods, building strength for distance and height, and working cooperatively in team challenges.

	Autumn		Spring		Summer	
Year 3/4A	Football	Tag Rugby	Netball	Basketball	Athletics	Tennis
	Focuses on dribbling, passing over distance, and defensive skills such as marking and tackling. Learners develop tactics for maintaining possession and setting up attacks.	Develops accurate passing, evasion, and use of space to create attacking opportunities in competitive games, following sideways/backwards passing rules.	Introduces positions, shooting techniques, marking, and pivoting. Learners apply these skills while following the basic rules of the game.	Enhances dribbling, passing, and shooting with a focus on marking, movement, and applying rules in gameplay.	Explores running, jumping, and throwing techniques with accuracy and control. Learners participate in competitive events and develop strategies for improving performance.	Covers forehand and backhand shots, returning serves, and positioning. Learners apply tactics to defend the court and score points in games.
	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Rounders	Cricket
	Develops sequences using compositional ideas and pathways, focusing on control, partner work, and adapting actions for group performances.	Extends gymnastic skills with balances, transitions, and use of core muscles for stability. Learners combine elements into smooth, controlled sequences.	Encourages creative choreography through themed movement, using relationships, formations, and performance skills in solo and group dances.	Focuses on storytelling through dance, applying dynamics, formations, and peer evaluation to enhance performance.	Teaches striking, fielding, and tactical decision-making, including roles such as backstop and understanding scoring systems.	Consolidates batting, bowling, and fielding skills with an emphasis on directing shots, running between wickets, and teamwork.

	Autumn		Spring		Summer	
Year 3/4B	Football	Tag Rugby	Netball	Basketball	Athletics	Tennis
	Focuses on accurate passing, dribbling, and controlling the ball to maintain possession and create scoring chances.	Develops evasion skills, passing backwards, and teamwork to create attacking opportunities while applying simple game rules.	Introduces positions, passing and catching techniques, and basic rules to create scoring opportunities as a team.	Builds skills including dribbling, passing, and shooting, while understanding and applying rules in games.	Improves running, jumping, and throwing techniques, applying agility and coordination to compete and record performance in events.	Teaches forehand shots, serving, and returning, applying tactics to score points against opponents.
	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Rounders	Cricket
	Develops gymnastic sequences with balances, rolls, and jumps, focusing on strength, flexibility, and smooth transitions.	Extends gymnastic skills with dynamic movements, flexibility, and partner work to create fluent, controlled sequences.	Encourages creativity in dance through thematic movement, using formations and action/reaction techniques.	Explores storytelling in dance, applying dynamics, formations, and collaborative choreography.	Introduces striking, fielding, and basic rules, developing batting, bowling, and teamwork skills.	Builds batting, bowling, and fielding skills, with emphasis on the long barrier technique and running between wickets.

	Autumn		Spring		Summer	
Year 5	Football	Tag Rugby	Netball	Basketball	Athletics	Tennis
	Develops advanced ball control, dribbling, and passing under pressure, incorporating tactical decision-making to maintain possession and create scoring opportunities.	Combines defensive positioning, accurate passing, and tactical formations like the 'magic diamond' to enhance team performance in competitive tag rugby.	Introduces advanced dodging and pivoting techniques, refining passing and shooting accuracy to outwit defenders and create scoring chances.	Improves agility, coordination, and tactical awareness in basketball, using advanced passing, blocking, and rebound strategies to maintain possession.	Enhances running, jumping, and throwing skills with a focus on pacing, baton exchange, and applying the STEP principle to design athletic activities.	Introduces volley and overhead shots in tennis, refining movement and tactical positioning to defend and score effectively in both singles and doubles play.
	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Rounders	Cricket
	Focuses on creating complex sequences with symmetry and counterbalances, developing trust and collaboration in partner work.	Refines advanced gymnastic skills including double cartwheels and bridges, enhancing control and precision in sequences.	Explores line dancing and cultural dance styles, developing rhythm, expression, and creative group patterns.	Uses themes like heroes to inspire choreography, applying devices such as retrograde and fragmentation to create dynamic performances.	Develops striking and fielding tactics in rounders, focusing on hitting into gaps, defensive positioning, and collaboration to limit opponents' scoring.	Consolidates cricket skills such as batting, bowling, and wicketkeeping, applying tactical fielding to restrict runs and maximise team performance.

	Autumn		Spring		Summer	
Year 6	Football	Tag Rugby	Netball	Basketball	Athletics	Tennis
	Applies a range of strategies to attack and defend, demonstrating advanced ball control, tactical awareness, and the ability to create and deny scoring opportunities.	Combines set plays and agile movement to attack and defend effectively, applying the STEP principle to enhance performance.	Implements advanced passing, marking, and rebounding techniques to maintain possession and create scoring chances while adhering to positional rules.	Executes a variety of offensive and defensive plays, including fast breaks, retreat dribbles, and three-point shots, applying fitness components to gameplay.	Applies strength, flexibility, and accurate technique across running, jumping, and throwing events, working collaboratively to improve performance.	Develops doubles play tactics in tennis, using backhand and lob shots, applying full scoring systems, and communicating effectively with a partner.
	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Rounders	Cricket
	Performs advanced vaulting and partner balances, incorporating musicality and equipment into rhythmic gymnastics sequences.	Creates and performs complex sequences with compositional devices, integrating apparatus and responding to stimuli.	Works collaboratively to create sports-themed dances, incorporating lifts, motifs, and dynamic movements.	Demonstrates narrative and tension in dance through formations, contact work, and aural setting.	Applies advanced rounders tactics in batting, bowling, and fielding, adapting play to different opponents.	Uses a variety of shots and fielding strategies in cricket, applying rules consistently and working in pairs to restrict runs.