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|  | EYFS/  KS1 | KS2a | KS2b | KS2c | KS2d | KS3a | KS3b | KS3c | KS4a | KS4b | KS5 |
| Term 1 | Fitness  Circuit Training | **Fitness**  Circuit Training | **Fitness**  Circuit Training | **Fitness**  Circuit Training | **Fitness**  Circuit Training | **Health and fitness – develop general fitness skills**  Fitness | **Health and fitness – develop general fitness skills**  Fitness | **Health and fitness – develop general fitness skills**  Fitness | **Fitness after Summer break**  Fitness testing  Circuit training and continuous training | **Fitness after Summer break**  Fitness testing  Circuit training and continuous training | **Fitness after Summer break**  Fitness testing  Circuit training and continuous training |
| Term 2 | Large motor skills  Dance | **Team work skills, strategic skills:**  Orienteering | **Team work skills, strategic skills:**  Orienteering | **Team work skills, strategic skills:**  Orienteering | **Team work skills, strategic skills:**  Orienteering | **Develop basic skills, knowledge and understanding of rules**  Tag rugby | **Develop basic skills, knowledge and understanding of rules**  Football | **Develop basic skills, knowledge and understanding of rules**  Basketball | **Motor skills**  Seated Volleyball | **Motor skills**  Bro-ball rugby | **Motor skills**  Climbing |
| Term 3 | Gymnastics  Animals | **Gymnastics:**  balance, twisting, turning and bending  Flexibility, strength training and agility | **Gymnastics:**  balance, twisting, turning and bending  Flexibility, strength training and agility | **Gymnastics:**  balance, twisting, turning and bending  Flexibility, strength training and agility | **Gymnastics:**  balance, twisting, turning and bending  Flexibility, strength training and agility | **Develop basic floor skills and routines**  Gymnastics | **Develop basic floor skills and routines**  Gymnastics | **Develop basic floor skills and routines**  Gymnastics | **Teamwork and coordination**  Basketball | **Teamwork and coordination**  Climbing | **Teamwork and coordination**  Orienteering |
| Term 4 | Teamwork  Games – Progression of skills | **Aiming, targeting skills:**  Dodgeball | **Aiming, targeting skills:**  Lacrosse | **Aiming, targeting skills:**  Netball | **Aiming, targeting skills:**  Football | **Develop basic skills, knowledge and understanding of rules**  Badminton | **Develop basic skills, knowledge and understanding of rules**  Basketball | **Develop basic skills, knowledge and understanding of rules**  Badminton | **Games**  Football | **Games**  Football | **Games**  Boccia |
| Term 5 | Athletics | **Walking, running, jumping, throwing, climbing skills:**  Athletics | **Walking, running, jumping, throwing, climbing skills:**  Athletics | **Walking, running, jumping, throwing, climbing skills:**  Athletics | **Walking, running, jumping, throwing, climbing skills:**  Athletics | **Develop basic running, jumping and throwing technique**  Athletics | **Develop basic running, jumping and throwing technique**  Athletics | **Develop basic running, jumping and throwing technique**  Athletics | **Athletics**  Sprints  Middle distance  Throwing  Jumping  Relays | **Athletics**  Sprints  Middle distance  Throwing  Jumping  Relays | **Athletics**  Sprints  Middle distance  Throwing  Jumping  Relays |
| Term 6 | Strike and Field  Bat and Ball | **Hand eye coordination:**  Handball | **Hand eye coordination:**  Boccia | **Hand eye coordination:**  Table tennis – skills building then game playing | **Hand eye coordination:**  Hockey | **Develop basic hand eye coordination and knowledge of skills and techniques**  Kwik Cricket | **Develop basic hand eye coordination and knowledge of skills and techniques**  Tennis | **Develop basic hand eye coordination and knowledge of skills and techniques**  Rounders | **Teamwork and coordination**  Climbing | **Striking and fielding**  Cricket | **Striking and fielding**  Rounders |