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|  | EYFS/KS1 | KS2a | KS2b | KS2c | KS2d | KS3a | KS3b | KS3c | KS4a | KS4b | KS5 |
| Term 1 | FitnessCircuit 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 skillsDance | **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 | GymnasticsAnimals | **Gymnastics:** balance, twisting, turning and bendingFlexibility, strength training and agility  | **Gymnastics:** balance, twisting, turning and bendingFlexibility, strength training and agility  | **Gymnastics:** balance, twisting, turning and bendingFlexibility, strength training and agility  | **Gymnastics:** balance, twisting, turning and bendingFlexibility, 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 | TeamworkGames – 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**SprintsMiddle distanceThrowingJumpingRelays | **Athletics**SprintsMiddle distanceThrowingJumpingRelays | **Athletics**SprintsMiddle distanceThrowingJumpingRelays |
| 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 |