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| Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| FS | Travelling in different ways walking, running, marching, jumping Cambs Scheme Games Fundamentals 1 Beanbag work Long ribbons/scarves – large arm movements | Travelling in different ways plus hopping, skippingCambs scheme Games Fundamentals Unit 1 large ball skills § Cambs Dance – On Parade | Travelling in different ways plus hopping, skippingCambs scheme Gym Fun Gum ShapesMedieval dance – line & circle dance. Application of skipping and side stepping. | Cambs scheme Games Fundamentals Unit 1 small ball skills and racketsCambs scheme Gym Fun Gum Shapes using large indoor equipmentLarge obstacle building | Cambs scheme Gym Fun Gum Shapes using large indoor equipmentTarget games – beanbag, small balls, quoits and hoopsDance – BBC Time to Move Fruit and Veg combining a sequence of movements | Team games – relay using all skills learned throughout the yearLarge Gym Equipment – bench work, tables, wall bars |
| 1 | Games - Ball skills – hand and foot | OAA - Orienteering | Games - Running, Throwing, Catching | Games - Running, Throwing, Catching | Games - team games. | Games - team games. |
| Gymnastics – Jumping Jacks (Jumping Actions) | Dance – Traditional Folk Dance | Dance - Weather (Poetry) | Gymnastics – Rock and Roll (Rocking and Rolling actions) | Dance – May Pole | Athletics activities linked to Sports Day |
| 2 | Games –Running, Throwing, Catching, Dribbling | OAA – Trails, Trust and Teamwork | Games – Running, Throwing, Catching, Dribbling | Games –Running, Throwing, Catching, Dribbling | Games - team games. | Games - team games. |
| Gymnastics – Points of contact (Movement / Balance) | Gymnastics – Ball, Tall and Wall | Dance – Magical Friendships (Penguins) | Dance – Firebird | Athletics activities linked to Sports Day | Athletics activities linked to Sports Day |
| 3 | Dance- Machines | Gymnastics- Patterns and pathways  | Gymnastics – Hand apparatus  | Dance – Walk like an Egyptian | OAA Co-operation, communication and consideration | Cricket (Striking and fielding) |
| Movement - ball in hand skills. | Golf (Target Games) | Netball (Ball Handling) | Football (Invasion Games) | Athletics | Multi skills & Sports festivals |
| 4 | Hockey (Invasion games) | Gymnastics- rotations | Orienteering | Swimming | Generic Multi Skills Festival | Rounders (Striking and fielding) |
| Paralympic Sports (Target Games) | Rugby (Invasion games) | Dance- Rugby and the haka | Gymnastics- Balance | Tennis (Net games) | Athletics- Pentathlon |
| 5 | Net Multi Skills Festival Gymnastics- paired compositions | Dance- On the beach | Gymnastics- press and go | Dance- styles and dance through time | Cricket (Striking and fielding) | Striking and Fielding Festival |
| Netball (Invasion games) | Football (Invasion games) | Golf (Target Games) | OAA Co-operation, communication and consideration  | Swimming | Athletics- Heptathlon |
| 6 | Rugby (Invasion games) | Hockey (Invasion games) | Orienteering | Invasion Games Festival  | Athletics-decathlon | Rounders (Striking and fielding) |
| Gymnastics- Body Symmetry | Dance- football | Gymnastics-group work | Dance- Why bully me? | Paralympic Sports (Target Games) | \*Tennis (at the courts) |