

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking 1 and Jumping 1		Gymnastics Key skills - balancing, rolling and jumping		Ball Skills: Hands ½ Ball skills -Feet 1		Dance		Ball skills Rackets/bats/balls and balloons		Attack vs defence Games for understanding	
Year 1	Health and wellbeing	Dance	Ball skills Hands 1	Gymnastics Rolls and balancing - static	Gymnastics Jumps and balancing - dynamic	Team building	Ball skills Feet	Ball skills Hands 2	Locomotion Running and jumping	Ball skills Rackets, bats and balls	Athletics Sports Day activities	Attack Vs Defence Games for understanding
Year 2	Health and wellbeing	Dance	Ball skills Hands 1	Gymnastics Rolls and balancing (static and dynamic)	Gymnastics Jumping (trampoline, spring board and height box tops)	Team building	Ball skills Feet	Ball skills Hands 2	Locomotion Dodging and jumping	Ball skills Rackets, bats and balls	Athletics Sports Day	Attack Vs Defence Games for understanding
Year 3	Health and wellbeing	Dance	Invasion Netball	Gymnastics headstands	Gymnastics Jumping (trampoline, spring board and height box tops)	OAA Challenging collaboration	Invasion Tag rugby	Invasion Handball	Athletics	Striking and fielding Rounders	Athletics Sports Day activities	Net and wall Tennis
Year 4	Health and wellbeing	Swimming	Swimming	Dance	Gymnastics Cartwheels and handstands - beam	OAA Challenging collaboration	Invasion Tag rugby	Invasion Handball	Athletics	Swimming	Swimming Sports Day activities	Net and wall Tennis
Year 5	Health related exercise	Dance	Invasion Netball	Gymnastics Vault – squat on and through	Gymnastics Cartwheels and handstands - beam	OAA Communication & tactics	Invasion Tag rugby	Invasion Handball	Athletics	Striking and fielding Rounders	Athletics Sports Day activities	Net and wall Tennis
Year 6	Health related exercise	Dance	Invasion Netball	Play leader roles	Gymnastics vault	Watford FC – Positive Minds	Invasion Tag rugby	Invasion Handball Watford FC – Positive Minds	Athletics	Striking and fielding Rounders	Athletics Sports Day activities	Net and wall Tennis