

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle
	Breadth of learning: <ul style="list-style-type: none"> Games – Invasion Games 1 (Attacking & defending) Movement Skills - (Controlled movement) 	Breadth of learning: <ul style="list-style-type: none"> Games – Invasion Games 2 (Attacking & defending) Movement Skills - (Negotiate space) 	Breadth of learning: <ul style="list-style-type: none"> Games – Net and wall skills (Throwing & catching) Gymnastics – (Balancing & spinning) 	Breadth of learning: <ul style="list-style-type: none"> Games – Net and wall skills (Link sequences) Gymnastics – (Pathways) 	Breadth of learning: <ul style="list-style-type: none"> Athletics - (Jumping & throwing) Games -Striking and Fielding skills (strike, hit, track, roll, throw, pick up) 	Breadth of learning: <ul style="list-style-type: none"> Games –Target games (Strike a ball at a target)
2	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle
	Breadth of learning: <ul style="list-style-type: none"> Movement Skills- (Agility, balance & coordination) Gymnastics- (Pathways) 	Breadth of learning: <ul style="list-style-type: none"> Games - Invasion Games (Apply attacking & defending) Movement Skills – (Apply skills) 	Breadth of learning: <ul style="list-style-type: none"> Games - Net and Wall Skills (Link skills to perform sequences) Gymnastics – (Spinning, turning &twisting) 	Breadth of learning: <ul style="list-style-type: none"> Gymnastics – (Stretching, curling & arching) 	Breadth of learning: <ul style="list-style-type: none"> Athletics – (Jumping & throwing) Games -Striking and Fielding (catch, strike, bowl, chase) 	Breadth of learning: <ul style="list-style-type: none"> Games -Target Games (Use a ball with some accuracy)
					Outdoor and adventurous activities – Forest Schools	
3	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle

	Breadth of learning: <ul style="list-style-type: none"> Games –Dodgeball (Power & accuracy) 	Breadth of learning: <ul style="list-style-type: none"> Games-Football (Passing skills) Gymnastics –(Linking movements) 	Breadth of learning: <ul style="list-style-type: none"> Games - Invasion games (Ball skills) Hockey (Pass & receive) 	Breadth of learning: <ul style="list-style-type: none"> Games – Tennis (Link skills) 	Breadth of learning: <ul style="list-style-type: none"> Athletics -(Running, jumping & throwing) Gymnastics – (Receiving body weight) 	Breadth of learning: <ul style="list-style-type: none"> Games –Rounders (Basic bowling & batting skills) Cricket (Throwing & hitting)
	Outdoor and adventurous activities – Forest Schools					
4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle
	Breadth of learning: <ul style="list-style-type: none"> Swimming Games –Dodgeball (Attack & defend) 	Breadth of learning: <ul style="list-style-type: none"> Swimming 	Breadth of learning: <ul style="list-style-type: none"> Swimming Games – Hockey (Pass, receive & tackle) 	Breadth of learning: <ul style="list-style-type: none"> Swimming Gymnastics – (Partner work – Pushing & Pulling) 	Breadth of learning: <ul style="list-style-type: none"> Swimming Athletics - (Develop running, jumping & throwing) 	Breadth of learning: <ul style="list-style-type: none"> Swimming Games –Cricket (Develop accuracy in throwing & hitting)
	Outdoor and adventurous activities – Forest Schools					
5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle
	Breadth of learning: <ul style="list-style-type: none"> Games – Football (Skill & close control) Games – Hockey (Develop accuracy) 	Breadth of learning: <ul style="list-style-type: none"> Gymnastics – (Matching, mirroring & contrast) Games – Handball (Send & dribble a ball) 	Breadth of learning: <ul style="list-style-type: none"> Gymnastics – (Partner work) Games – Tennis (Develop shots & positions) 	Breadth of learning: <ul style="list-style-type: none"> Gymnastics – (Synchronisation & canon) Games – Dodgeball (Develop attacking & defending skills) 	Breadth of learning: <ul style="list-style-type: none"> Dance – (Develop a motif within a group) Athletics-(Add hurdles to sprinting) 	Breadth of learning: <ul style="list-style-type: none"> Games –Rounders (Develop fielding skills) Cricket (Develop Throwing & hitting)
	Outdoor and adventurous activities – Forest Schools					
6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	Key concepts: <ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle
	Breadth of learning: <ul style="list-style-type: none"> Gymnastics – (Group sequencing) 	Breadth of learning: <ul style="list-style-type: none"> Gymnastics – (Counter balance & tension) 	Breadth of learning: <ul style="list-style-type: none"> Games – Handball (Anticipate the play) 	Breadth of learning: <ul style="list-style-type: none"> Games – Football (Cooperate, communicate & collaborate with others) 	Breadth of learning: <ul style="list-style-type: none"> Athletics- (Develop running, jumping & throwing techniques) 	Breadth of learning: <ul style="list-style-type: none"> Games – Rounders (Adapt game to the opponent)

	<ul style="list-style-type: none">Games – Dodgeball (Develop team work)	<ul style="list-style-type: none">Health related fitness – (Personal challenges)	<ul style="list-style-type: none">Tennis (Use tactics against an opponent)			
			Outdoor and adventurous activities – Residential			Outdoor and adventurous activities – Forest Schools