



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Movement/Agility	Balance	Coordination – Throwing/ Catching	Movement/Agility	Balance	Coordination – Throwing/ Catching
Year 1	Movement/Agility	Balance	Coordination – Throwing/ Catching	Gymnastics (Balance – Movement different types of balances/ways to move - floor and benches)	Netball (Coordination – passing and catching)	Athletics (Sports Day Team Activities)
Year 2	Basketball (Coordination – moving with the ball, passing and catching)	Gymnastics (Balance - Movement Floor, benches, boxes, basic routines)	Dance (Coordination/Agility)	Netball (Coordination, Movement/Agility - passing and catching, movement off the ball, small sided games)	Unihoc (Coordination, Movement/Agility, Balance – holding the stick, travelling with the ball, passing and receiving)	Athletics (Sports Day Team Activities)
Year 3	Netball (Coordination - Movement/Agility – different types of pass, passing into space, movement off the ball)	Gymnastics (Balance - Movement Floor, benches, boxes, wall apparatus, multi stage routines)	Dance (Coordination/Agility)	Unihoc (Space and movement, passing and receiving, movement off the ball, passing triangles)	Tennis (hand eye coordination – gentle and hard hitting)	Athletics (Sports Day Team Activities)
Year 4	Tag Rugby (Coordination, Movement/Agility, Balance – basic rules catching and passing, evasion and tagging)	Netball (Coordination movement off the ball, strategy defence/ attack, small sided games)	Gymnastics (Balance/Coordination/Movement Floor, benches, boxes, wall apparatus, multi stage routines, with group evaluation of self)	Basketball (Coordination Movement/Agility movement off the ball, strategy defence/ attack)	Rounders/Cricket (Coordination Striking the ball, catching Fielding – team work Throwing the ball from fielder to fielder to get to stump/wicket, stopping a rolling ball)	Athletics (Sports Day Team Activities)
Year 5	Tag Rugby (Coordination, Movement/Agility, Balance, passing moves, defensive strategy, sportsmanship)	Basketball (Coordination Movement/Agility movement off the ball, strategy defence/ attack, passing triangles)	Health and wellbeing/active for life circuits, tri golf, stretching, blind football, alternative dances)	Unihoc (sportsmanship, Space and movement) Attacking and defending strategies, shooting, small sided games	Cricket Coordination Striking the ball, catching Basic rules, Fielding – team work)	Tennis Coordination (Serve, Backhand & Forehand)
Year 6	Handball (Coordination movement off the ball, strategy defence/ attack, small sided games)	Health and wellbeing/active for life (circuits, tri golf, stretching, blind football, alternative dances)	Health and wellbeing/active for life (circuits, tri golf, stretching, blind football, alternative dances)	Basketball (team work, defence/attack strategies) Small sided games	Athletics (Personal Development)	Rounders (Coordination Striking the ball, catching Fielding – team work)

Fundamentals of Movement (FoM) focus on the introduction and development of agility, balance and coordination as the building blocks for future complex skills.

Fundamental movement skills (FMS) combine FoM to develop more complex actions, such as running, jumping, travelling, throwing, catching, striking and fielding skills.

Fundamental sport skills (FSS) include game-based concepts such as invasion, net and wall, and striking and fielding skills.

Fundamentals of health and wellbeing (FHW) focus on children taking responsibility for their own health and wellbeing. Giving children that are not necessarily sporty an opportunity to take part in non-competitive, non-invasion sports (golf, stretching, circuits, blind football)