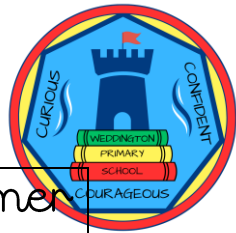
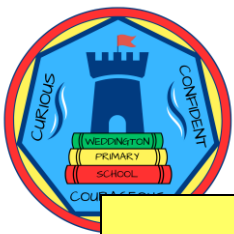


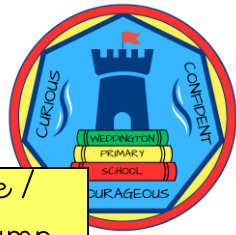
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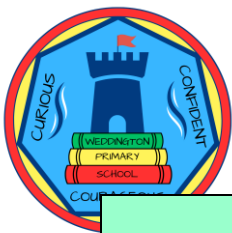
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Multi-skills/All About Me - staying healthy/Busy Feet/ Dough Disco</p> <p>balance, control, stop, start, direction, space, fast, slow, quick steps, change direction, jog, run, rhythm, exercise, heart, breathing, warm-up, stretch, squeeze, pinch, roll, press, twist, strong</p> <p>Rugby Tots - Ball skills, fundamentals/invasion games</p> <p>hold, throw, catch, pass, aim, target, roll, balance, space, team, attack, defend, dodge, score, try, backwards</p>		<p>Multi-skills/Traditional Tales Dance</p> <p>Dough Disco</p> <p>Rugby Tots</p> <p>- Run, jump and throw</p> <p>balance, control, movement, space, direction, run, jump, throw, catch, aim, target, fast, slow, rhythm, stretch, twist, squeeze, roll, fingers, hands</p>		<p>Pre-Pedal Bike ability</p> <p>People who help us</p> <p>Rugby Tots - Run, jump and throw</p> <p>balance, control, movement, space, direction, pedal, steer, stop, go, safety, helmet, help, safe, team, run, jump, throw, catch, aim, target</p>	
Year One	Hit, Catch, Run /	Multiskills /				Attack, defend and



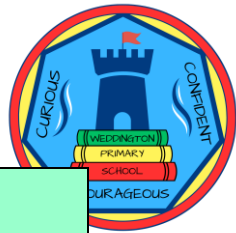
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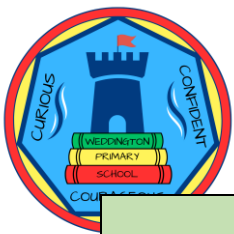
	<p>Multiskills</p> <p>hit, catch, run, throw, aim, target, balance, control, movement, space, direction, fast, slow</p>	<p>Dance</p> <p>balance, control, movement, space, direction, travel, turn, jump, pose, stretch, twist, rhythm, beat, fast, slow</p>	<p>Striking and Fielding / Gymnastics</p> <p>hit, strike, catch, throw, aim, target, run, balance, control, travel, roll, jump, stretch, hold, shape, space</p>	<p>Attack, defend and compete / Dance</p> <p>attack, defend, compete, team, space, direction, movement, travel, turn, jump, pose, rhythm, beat, fast, slow</p>	<p>Gymnastics / Send and return</p> <p>balance, control, travel, roll, jump, stretch, hold, shape, send, return, throw, catch, aim, target, space</p>	<p>compete / Run, Jump and Throw</p> <p>attack, defend, compete, team, space, direction, run, jump, throw, catch, aim, target, fast, balance, control</p>
<p>Year Two</p>	<p>Hit, Catch, Run / Multiskills</p> <p>hit, catch, run, throw, aim, target, balance, control, movement, space, direction, fast, slow</p>	<p>Multiskills / Dance</p> <p>balance, control, movement, space, direction, travel, turn, jump, pose, stretch, twist, rhythm, beat, fast, slow</p>	<p>Striking and Fielding / Gymnastics</p> <p>hit, strike, catch, throw, aim, target, run, balance, control, travel, roll, jump, stretch, hold, shape, space</p>	<p>Attack, defend and compete / Dance</p> <p>attack, defend, compete, team, space, direction, movement, travel, turn, jump, pose, rhythm, beat, fast, slow</p>	<p>Gymnastics / Send and return</p> <p>balance, control, travel, roll, jump, stretch, hold, shape, send, return, throw, catch, aim, target, space</p>	<p>Attack, defend and compete / Run, Jump and Throw</p> <p>attack, defend, compete, team, space, direction, run, jump, throw, catch, aim, target, fast,</p>



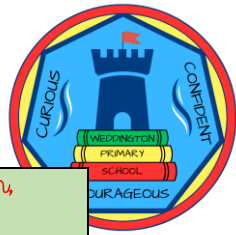
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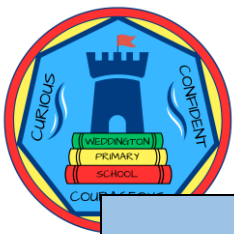
						balance, control
Year Three	<p>Swimming</p> <p>swim, float, kick, breathe, water, splash, pool, safety, glide, balance, control, movement, stroke</p> <p>Dance / Football</p> <p>dance, movement, space, direction, rhythm, beat, travel, turn, jump, pose, balance, control, fast, slow, music, team, coordination, dribble, pass, shoot, goal, defend, attack, space</p>	<p>Swimming</p> <p>swim, float, kick, breathe, water, splash, pool, safety, glide, balance, control, movement, stroke</p> <p>Gymnastics / Football</p> <p>balance, control, travel, roll, jump, stretch, hold, shape, space, movement, turn, travel, land, coordination, strength, dribble, pass,</p>	<p>Swimming</p> <p>swim, float, kick, breathe, water, splash, pool, safety, glide, balance, control, movement, stroke</p> <p>Indoor Athletics/ Basketball</p> <p>run, sprint, jump, hop, skip, throw, balance, control, start, finish, space, speed, distance, relay, baton, dribble, pass, shoot, aim, target, defend, attack, team, coordination</p>	<p>Swimming</p> <p>swim, float, kick, breathe, water, splash, pool, safety, glide, balance, control, movement, stroke</p> <p>Dance/ Tennis</p> <p>dance, movement, space, direction, rhythm, beat, travel, turn, jump, pose, balance, control, fast, slow, music, coordination, serve, return, rally, hit, forehand, backhand, aim, target, net, court</p>	<p>Swimming</p> <p>swim, float, kick, breathe, water, splash, pool, safety, glide, balance, control, movement, stroke</p> <p>Gymnastics / OAA</p> <p>balance, control, travel, roll, jump, stretch, hold, shape, space, movement, turn, land, climb, crawl, run, map, route, direction, explore, team, cooperation, problem-solving</p>	<p>Swimming</p> <p>swim, float, kick, breathe, water, splash, pool, safety, glide, balance, control, movement, stroke</p> <p>Athletics / Cricket</p> <p>run, sprint, jump, hop, skip, throw, balance, control, speed, distance, start, finish, relay, baton, bat, ball, wicket, bowl, catch, field, run,</p>



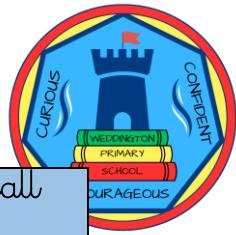
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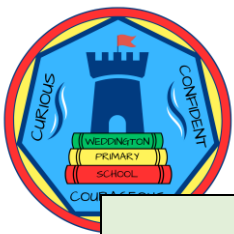
		shoot, goal, defend, attack				team, aim, target
Year Four	Gymnastics / Football balance, control, travel, roll, jump, stretch, hold, shape, space, movement, turn, travel, land, coordination, strength, dribble, pass, shoot, goal, defend, attack	Dance / Football dance, movement, space, direction, rhythm, beat, travel, turn, jump, pose, balance, control, fast, slow, music, team, coordination, dribble, pass, shoot, goal, defend, attack, space	Change4life / Basketball healthy, lifestyle, exercise, energy, fitness, balance, control, movement, space, team, dribble, pass, shoot, aim, target, defend, attack, coordination	Badminton / Tennis racket, hit, strike, serve, rally, return, shuttlecock, net, court, forehand, backhand, aim, target, balance, control, movement, space, speed	Dance / OAA dance, movement, space, direction, rhythm, beat, travel, turn, jump, pose, balance, control, team, cooperation, problem-solving, explore, map, route	Athletics/ Cricket run, sprint, jump, hop, skip, throw, balance, control, speed, distance, start, finish, relay, baton, bat, ball, wicket, bowl, catch, field, team, aim, target



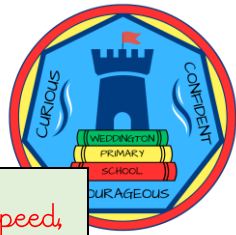
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<p>Year Five</p>	<p>Health and Wellbeing / Netball</p> <p>healthy, wellbeing, exercise, energy, nutrition, fitness, heart, breathing, balance, control, movement, space, team, pass, catch, throw, shoot, defend, attack, mark, intercept, goal, aim, target</p>	<p>Gymnastics/ Netball</p> <p>balance, control, travel, roll, jump, stretch, hold, shape, space, movement, turn, land, coordination, strength, pass, catch, throw, shoot, defend, attack, mark, intercept</p>	<p>Dance/ Hockey</p> <p>dance, movement, space, direction, rhythm, beat, travel, turn, jump, pose, balance, control, team, coordination, dribble, pass, shoot, tackle, defend, attack, stick, ball, aim, target</p>	<p>Badminton / Football</p> <p>racket, hit, strike, serve, rally, return, shuttlecock, net, court, footwork, kick, pass, shoot, dribble, control, control, balance, movement, space, teamwork, aim, target</p>	<p>Rounders /Tennis</p> <p>bat, racket, hit, strike, throw, catch, field, run, score, rounder, serve, rally, return, net, court, aim, target, balance, control, movement, space</p>	<p>Dodgeball Athletics/ Orienteering</p> <p>throw, catch, dodge, aim, target, quick, fast, reaction, evasion, team, run, sprint, jump, hop, skip, balance, control, speed, distance, relay, baton, map, compass, direction, route, navigate, explore, teamwork</p>
<p>Year Six</p>	<p>Circuit Training / Netball</p> <p>exercise, fitness, stamina, strength, endurance, health,</p>	<p>Circuit Training / Hockey</p> <p>exercise, fitness, stamina,</p>	<p>Gymnastics /Danish longball</p> <p>balance, control, travel, roll, jump, stretch, hold,</p>	<p>Badminton/ Tennis</p> <p>racket, hit, strike, serve, rally, return, shuttlecock, net, court, forehand,</p>	<p>Dance / Rounders</p> <p>dance, movement, space, direction, rhythm, beat, travel, turn, jump,</p>	<p>Athletics / Football</p> <p>run, sprint, jump, hop, skip, throw,</p>



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	energy, movement, balance, control, space, team, pass, catch, throw, shoot, defend, attack, mark, intercept, goal, aim, target	strength, endurance, health, energy, movement, balance, control, space, team, dribble, pass, shoot, tackle, defend, attack, stick, ball, aim, target	shape, space, movement, turn, land, coordination, strength, bat, ball, throw, catch, run, field, dodge, aim, target	backhand, aim, target, balance, control, movement, space, speed	pose, balance, control, team, coordination, bat, ball, throw, catch, field, run, score, aim, target	balance, control, speed, distance, start, finish, relay, teamwork, coordination, dribble, pass, shoot, score, defend, attack, space
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