

EYFS

Autumn		Spring		Summer	
<p><i>Physical Development (Gross Motor) ELG: Negotiate space and obstacles safely, with consideration for themselves and others; demonstrate strength, balance and coordination when playing; move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</i></p> <p>Scooters</p> <p>Spatial awareness</p> <p>Balance</p> <p>Balance bikes</p> <p>Listening skills</p> <p>Team building</p>					
Introduction Unit 1	Dance Unit 1	Ball Skills Unit 1	Gymnastics Unit 1	Athletics	Games Unit 1

Cycle A (Year 1 and Year 2) 2024/2025

Autumn		Spring		Summer	
Gym Y1	Team Building Y1	Yoga Y1	Gym Y2	Net and Wall Y1	Net and Wall Y2
Ball Skills	Small Team Games	Invasion Games	Invasion Games	3 Tees Cricket	Athletics
Y1 Swimming					

Cycle B (Year 1 and Year 2) 2025/2026

Autumn		Spring		Summer	
Dance Y1	Team Building Y2	Yoga Y2	Dance Y2	Striking and fielding Y1	Striking and fielding Y2
Ball Skills	Small Team Games	Fundamentals Y1/Y2	Target Games	Target Games	Athletics
Y1 Swimming					

Cycle A (Year 3 and Year 4) 2024/2025

Autumn		Spring		Summer	
Gym Y3	Gym Y4	Netball Y3	Hockey Y3	Tennis Y3	Tennis Y4
Football 3/4	Multiskills	Dodgeball Y3	Handball Y3	Cricket	Athletics

Cycle B (Year 3 and Year 4) 2025/2026

Autumn		Spring		Summer	
Dance Y3	Fitness Y3/4	Dance Y4	Rounders Y3	Archery	Yoga
Fundamentals	Tag Rugby Y3/4	Football	Basketball Y3/4	Rounders	Athletics
Year 4 outdoor adventurous residential					

Cycle A (Year 5 and Year 6) 2024/2025

Autumn		Spring		Summer	
Hockey 3/4	Badminton Y5	Hockey Y5/6	Dance Y5	Fitness Y5/6	Athletics Y5
Football Y5/6	Handball Y5/6	Netball Y5/6	Basketball Y5/6	Dance Y6	Athletics Y6
Year 5 - swimming					

Cycle B (Year 5 and Year 6) 2025/2026

Autumn		Spring		Summer	
Gym Y5	Tag rugby Y5/6	Dodgeball Y5/6	Netball	Cricket Y6	Tennis Y6
Tennis Y5	Gym Y6	Cricket Y5	Volleyball	Rounders Y5	Athletics
Year 5 - swimming					