| **Year** | **Autumn 1** | | **Autumn 2** | | **Spring 1** | | **Spring 2** | | **Summer 1** | | **Summer 2** | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Skills progression** | | | **Ball Skills 1**  **(Invasion)**  Tag Rugby/ Netball/ Basketball/ Handball | | **Ball Skills Hands 2**  **(Striking and Fielding)**  Cricket/ Tennis/ Rounders | | **Games for understanding**  Hockey | | **Ball Skills Feet**  **(invasion)**  Football | | Health Related Exercise | |
| **Little Learners** | **Locomotion: travelling (hang, climb, jump, push, pull, walk forwards, backwards with equipment in their environment)**  **Rolling, crawling, sliding, shuffling. They run skilfully with wheeled toys, turning around obstacles and corners.**  **Games for understanding: Dodge around equipment in the environment**  **Ball Skills Feet: kick a ball gently** | | | | | | | | | | | |
| **Nursery** | **Locomotion:** Walking | | **Locomotion:** Jumping | | **Dance**  Nursery Rhymes | | **Gymnastics:** High, Low, Under, Over  (no apparatus) | | Team Building | | Ball Skills Hands 1 | |
| **Reception** | **Locomotion:** Walking and Jumping | | Ball Skills Hands 1 | | **Dance:** Ourselves | | **Gymnastics:** High, Low, Over, Under  (apparatus) | | Ball Skills Feet | | Team Building | | |
| **Year 1** | **Locomotion**: Running | Games For Understanding | **Ball Skills Hands 1** | Multi Skills | **Gymnastics:** Body Parts | **Dance:** Growing | **Gymnastics**: Wide, Narrow, Curled | **Dance:** The Zoo | Ball Skills Hands 2 | Team Building | Health Related Exercise | **Locomotion:** Jumping | |
| **Year 2** | **Locomotion**: Dodging | Games For Understanding | **Ball Skills Hands 1** | Multi Skills | **Gymnastics:** Pathways | **Dance:** Water | **Gymnastics**: Linking | **Dance:** Exploring | Ball Skills Hands 2 | Team Building | Health Related Exercise | **Locomotion:** Jumping | |
| **Year 3** | **Invasion:** Tag Rugby | **Invasion:** Hockey | **Invasion**: Netball | Multi Skills | Health Related Exercise | **Gymnastics** Symmetry & Asymmetry | **Gymnastics** Symmetry & Asymmetry | **Dance**  Wild Animals | Target  Curling/ Boccia | **OAA:** Problem Solving | **Striking & Fielding** Cricket | **Athletics** | |
| **Year 4** | **Invasion:** Tag Rugby | **Invasion:** Hockey | **Invasion**: Netball | Multi Skills | Health Related Exercise | **Gymnastics:** Bridges | **Gymnastics:** Bridges | **Dance:** Weather | Target  Curling/ Boccia | **OAA:** Problem Solving | **Striking & Fielding** Cricket | **Athletics** | |
| **Year 5** | **Invasion:** Tag Rugby | **Invasion:** Hockey | **Invasion**: Netball | Multi Skills | Health Related Exercise | **Dance:**  Space | **Dance:**  Carnival | **Gymnastics:** Bridges | Ball Skills Hands 2/  **Net and Wall**  **Tennis** | **Striking & Fielding** Cricket | Ball Skills Hands 2/  **Net and Wall**  **Tennis** | **Athletics** | |
| **Year 6** | **Invasion:** Tag Rugby | **Invasion:** Hockey | **Invasion**: Netball | Multi Skills | Health Related Exercise | **Gymnastics:** Counter Balance and Counter Tension | **Gymnastics:** Matching & Mirroring | **Dance: Titanic** | Ball Skills Hands 2/  **Net and Wall**  **Tennis** | **Striking & Fielding** Cricket | Ball Skills Hands 2/  **Net and Wall**  **Tennis** | **Athletics** | |

Ball