

EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A – 2022-2023	Multi-skills	Gymnastics	Yoga	Gymnastics	Athletics	Athletics
	Ball skills	Dance	Dance	Multi-skills	Tennis/Golf	Rounders
ELG	Children show good	Children show good	Children show good	Children show good	Children show good	Children show good
PD – MH	control and co-ordination	control and co-ordination	control and co-ordination	control and co-ordination	control and co-	control and co-ordination
	in large and small	in large and small	in large and small	in large and small	ordination in large and	in large and small
	movements. They move	movements. They move	movements. They move	movements. They move	small movements. They	movements. They move
	confidently in a range of	confidently in a range of	confidently in a range of	confidently in a range of	move confidently in a	confidently in a range of
	ways, safely negotiating	ways, safely negotiating	ways, safely negotiating	ways, safely negotiating	range of ways, safely	ways, safely negotiating
	space.	space.	space.	space.	negotiating space.	space.
	Children know the	Children know the	Children know the	Children know the	Children know the	Children know the
PD - HSC	importance for good	importance for good	importance for good	importance for good	importance for good	importance for good
	health of physical	health of physical	health of physical	health of physical	health of physical	health of physical exercise
	exercise and a healthy	exercise and a healthy	exercise and a healthy	exercise and a healthy	exercise and a healthy	and a healthy diet, and
	diet, and talk about ways	diet, and talk about ways	diet, and talk about ways	diet, and talk about ways	diet, and talk about ways	talk about ways to keep
	to keep healthy and safe.	to keep healthy and safe.	to keep healthy and safe.	to keep healthy and safe.	to keep healthy and safe.	healthy and safe.
Enrichment		Gym – Harry Sheader		Gym – Harry Sheader		
				MS – Ali McClarron		
EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Cycle B – 2023-2024	Autumn 1 Multi-skills	Autumn 2 Gymnastics	Spring 1 Yoga	Spring 2 Gymnastics	Summer 1 Athletics	Summer 2 Athletics
	Multi-skills	Gymnastics	Yoga	Gymnastics	Athletics	Athletics
Cycle B – 2023-2024	Multi-skills Ball skills	Gymnastics Dance	Yoga Multi-skills	Gymnastics Dance	Athletics Tennis/Golf	Athletics Rounders
Cycle B – 2023-2024 ELG	Multi-skills Ball skills Children show good	Gymnastics Dance Children show good	Yoga Multi-skills Children show good	Gymnastics Dance Children show good	Athletics Tennis/Golf Children show good	Athletics Rounders Children show good
Cycle B – 2023-2024 ELG	Multi-skills Ball skills Children show good control and co-ordination	Gymnastics Dance Children show good control and co-ordination	Yoga Multi-skills Children show good control and co-ordination	Gymnastics Dance Children show good control and co-ordination	Athletics Tennis/Golf Children show good control and co-	Athletics Rounders Children show good control and co-ordination
Cycle B – 2023-2024 ELG	Multi-skills Ball skills Children show good control and co-ordination in large and small	Gymnastics Dance Children show good control and co-ordination in large and small	Yoga Multi-skills Children show good control and co-ordination in large and small	Gymnastics Dance Children show good control and co-ordination in large and small	Athletics Tennis/Golf Children show good control and co- ordination in large and	Athletics Rounders Children show good control and co-ordination in large and small
Cycle B – 2023-2024 ELG	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They	Athletics Rounders Children show good control and co-ordination in large and small movements. They move
Cycle B – 2023-2024 ELG	Multi-skillsBall skillsChildren show goodcontrol and co-ordinationin large and smallmovements. They moveconfidently in a range of	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of
Cycle B – 2023-2024 ELG PD – MH	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating
Cycle B – 2023-2024 ELG	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
Cycle B – 2023-2024 ELG PD – MH	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the
Cycle B – 2023-2024 ELG PD – MH	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good
Cycle B – 2023-2024 ELG PD – MH	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise
Cycle B – 2023-2024 ELG PD – MH	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and
Cycle B – 2023-2024 ELG PD – MH	Multi-skills Ball skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways	Yoga Multi-skills Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways	Gymnastics Dance Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways	Athletics Tennis/Golf Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways	Athletics Rounders Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep



Year 1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A – 2022-2023	Gymnastics	Boot Camp	Gymnastics	Mighty Movers	Cricket	Athletics
	Dance	Badminton	Multi-skills	Golf	Athletics	Rounders
NC POS	Master basic	Master basic	Master basic	Master basic	Master basic	Master basic
	movements including	movements including	movements including	movements including	movements including	movements including
	running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,
	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,
	as well as developing	as well as developing	as well as developing	as well as developing	as well as developing	as well as developing
	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-
	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin
	to apply these in a	to apply these in a	to apply these in a	to apply these in a	to apply these in a	to apply these in a
	range of activities.	range of activities.	range of activities.	range of activities.	range of activities.	range of activities.
	Perform dances using	Participate in team		Participate in team	Participate in team	Participate in team
	simple movement	games, developing		games, developing	games, developing	games, developing
	patterns.	simple tactics for		simple tactics for	simple tactics for	simple tactics for
		attacking and		attacking and	attacking and	attacking and
		defending.		defending.	defending.	defending.
Enrichment	Gym – Harry Sheader	Extra-curricular clubs	Gym – Harry Sheader	Extra-curricular clubs	Extra-curricular clubs	Extra-curricular clubs
	Extra-curricular clubs		MS – Ali McClarron			
N	A	A	Extra-curricular clubs	Cardina 2	C	C
Year 1/2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle B – 2023-2024	Gymnastics Dance	Boot Camp Gymnastics	Badminton Multi-skills	Mighty Movers Golf	Cricket Athletics	Athletics Rounders
NC POS	Master basic	Master basic	Master basic	Master basic	Master basic	Master basic
NC PUS		movements including	movements including	movements including	movements including	movements including
	movements including running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,
	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,	throwing and catching,
	as well as developing	as well as developing	as well as developing	as well as developing	as well as developing	as well as developing
	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-	balance, agility and co-
	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin	ordination, and begin
	to apply these in a	to apply these in a	to apply these in a	to apply these in a	to apply these in a	to apply these in a
	range of activities.	range of activities.	range of activities.	range of activities.	range of activities.	range of activities.
	Perform dances using	Participate in team		Participate in team	Participate in team	Participate in team
	simple movement	games, developing		games, developing	games, developing	games, developing
	patterns.	simple tactics for		simple tactics for	simple tactics for	simple tactics for
		attacking and		attacking and	attacking and	attacking and
					<u> </u>	-
		defending.		defending.	defending.	defending



Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A – 2022-2023	Dance	Gymnastics	Swimming	Swimming	Orienteering	Athletics
	Netball	Rugby	Gymnastics	Hockey	Cricket/Rounders	Cricket/Rounders
NC POS	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best
Enrichment	Netball – Ali McClarron Extra-curricular clubs SSP competitions and events	Gym – Harry Sheader Rugby – Ali McClarron Extra-curricular clubs SSP competitions and events	Gym – Harry Sheader SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events



Year 3/4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle B – 2023-2024	Gymnastics Football	Dance Badminton	Swimming	Swimming	Orienteering Cricket/Rounders	Athletics Cricket/Rounders
NC POS	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations compare their performances with previous ones and demonstrate improvement to achieve their personal best	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively perform safe self-rescue in different water-based situations compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best
Enrichment	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events



Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A – 2022-2023	Rugby	Yoga	Netball	Orienteering	Dance	Rounders
	Gymnastics	Hockey	Cricket	Gymnastics	Athletics	Athletics
NC POS	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	take part in outdoor and adventurous activity challenges both individually and within a team develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best
Enrichment	Rugby – Ali McClarron Gym – Harry Sheader Extra-curricular clubs SSP competitions and events	Hockey – Ali McClarron Extra-curricular clubs SSP competitions and events	Netball – Ali McClarron Extra-curricular clubs SSP competitions and events	Gym – Harry Sheader Hockey – Ali McClarron Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events



Year 5/6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle B – 2023-2024	Rugby Gymnastics	Yoga Hockey	Netball Cricket	Orienteering	Dance Athletics	Rounders Athletics
NC POS	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best	take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best
Enrichment	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events	Extra-curricular clubs SSP competitions and events