

Reception

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2025/2026	<b>Locomotion</b> (Walking and Jumping)	<b>Dance</b> (Dinosaurs)	<b>Gymnastics</b> (High, low, over and under & moving)	<b>Balls Skills</b> (Hands)	<b>Ball Skills</b> (Feet)	<b>Attack v Defence</b> (Games for understanding) <b>Sports Day</b>

Year 1/2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2025/2026	<b>Locomotion</b> Running and Dodging	<b>Dance</b> Growing	<b>Ball Skills</b> Hands 1	<b>Gymnastics</b> Body Parts and Wide, narrow & curled	<b>Ball Skills</b> Feet	<b>Attack V Defence</b> Games for understanding <b>Sports Day</b>
Cycle B 2024/2025	<b>Locomotion</b> Jumping	<b>Dance</b> Explorers	<b>Ball Skills</b> Hands 2	<b>Gymnastics</b> Linking and Pathways	<b>Ball Skills</b> Racket, bats and balls	<b>Ball Skills</b> Racket, bats and balls <b>Sports Day</b>

Year 3/4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2025/2026	<b>Dance</b> Weather/Space	<b>Gymnastics</b> Canon & Union and Symmetry & Asymmetry	<b>Invasion Games</b> Football	<b>OAA</b> Communication	<b>Striking and Fielding</b> Cricket	<b>Athletics</b> Running, Relay and Long Jump <b>Sports Day</b>
Cycle B 2024/2025	<b>Invasion Games</b> Netball	<b>Gymnastics</b> Bridges and Levels & directions	<b>Net and Wall Games</b> Tennis	<b>OAA</b> Orienteering	<b>Striking and Fielding</b> Rounders	<b>Athletics</b> Running, Javelin and Triple Jump <b>Sports Day</b>

Year 5/6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2025/2026	<b>Invasion Games</b> Football	<b>Dance</b> The Greeks	<b>Gymnastics</b> Counter balance, tension and flight	<b>OAA</b> Problem Solving	<b>Striking and Fielding</b> Cricket	<b>Athletics</b> Sprinting, Shot Put and Hurdles <b>Sports Day</b>
Cycle B 2024/2025	<b>Gymnastics</b> Creating sequences and matching and mirroring	<b>OAA</b> Leadership	<b>Net and Wall Games</b> Tennis	<b>Invasion Games</b> Netball	<b>Striking and Fielding</b> Rounders	<b>Athletics</b> Competitions <b>Sports Day</b>