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| **Year** | **Autumn 1** | | **Autumn 2** | | **Spring 1** | | **Spring 2** | | **Summer 1** | | **Summer 2** | |
| **Reception** | **Locomotion:** Walking and Jumping | | Ball Skills Hands 1 | | **Gymnastics:** High, Low, Over, Under | | **Dance**  Nursery Rhymes | | Ball Skills Feet | | Games For Understanding | |
| **Year 1** | **Locomotion**: Running | **Gymnastics**: Wide, Narrow, Curled | Ball Skills Hands 1 | **Gymnastics:** Body Parts | Ball Skills: Feet | **Dance:** Growing | Ball Skills Hands 2 | **Dance:** The Zoo | **Locomotion:** Jumping | Games For Understanding | Yoga / Health and Wellbeing | Health and Wellbeing / Games - athletics | |
| **Year 2** | **Locomotion**: Dodging | **Gymnastics**: Linking | Ball Skills Hands 1 | **Gymnastics:** Pathways | Ball Skills :Feet | **Dance:** Water | Ball Skills Hands 2 | **Dance:** Explorers | **Locomotion:** Jumping | Games For Understanding | Yoga / Health and Wellbeing | Health and Wellbeing / Games- athletics | |
| **Year 3 / 4** | **Invasion:** Netball | **Dance**  Wild Animals | **Invasion**: Handball | **Invasion:** Tag Rugby | **Invasion**: Hockey | **Gymnastics** Symmetry & Asymmetry | **Invasion:** Basketball | **Net / Wall** Tennis | **Dance:** Weather | **Athletics** | **Striking & Fielding** Rounders | **OAA:** Problem Solving | |
| **Year 5** | **Invasion:** Netball | **Dance:**  The Circus | **Invasion:** Tag Rugby | Health Related Exercise | **Invasion**: Football | **Gymnastics:** Counter Balance and Counter Tension | **Invasion:** Hockey | **Net / Wall** Tennis | **Athletics** | **OAA:** Communication | **Striking & Fielding** Cricket | **Striking & Fielding** Rounders | |
| **Year 6** | **Invasion:** Netball | **Invasion**: Basketball | **Invasion:** Football | **Net / Wall** Tennis | Health Related Exercise | **Dance:** Carnival | **Invasion:** Hockey | **Gymnastics:** Matching & Mirroring | **Athletics** | **OAA:** Orienteering | **Striking & Fielding** Cricket | **Striking & Fielding** Rounders | |