



Year Group	Lesson	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
1	1	Ball Skills	Throwing & Catching	Fitness	Bat & Ball Skills	Athletics Swimming	Athletics
	2	Gymnastics (Flight)	Dance	Gymnastics (Rocking & Rolling)	Developing Partner Work	Gymnastics (Wide, Narrow, Curled)	Team Building
2	1	Throwing & Catching	Making Up Games	Fitness	Dribbling, Kicking & Hitting	Athletics	Athletics
	2	Gymnastics (Parts High & Low)	Dance	Gymnastics (Spinning, Turning, Twisting)	Group Games Swimming	Gymnastics (Linking Movements)	Team Building
3	1	Tennis	Invasion	Invasion	Net & Wall Swimming	Striking & Fielding	Athletics
	2	Gymnastics	Fitness	Gymnastics	Dance	Gymnastics	OAA
4	1	Invasion	Invasion	Dance	Net & Wall	Striking & Fielding	Athletics
	2	Swimming	Fitness	Gymnastics	Dance	Gymnastics	OAA
5	1	Invasion Games	Invasion & Target	Swimming	Net & Wall	Striking & Fielding	Athletics Swimming
	2	Gymnastics	Fitness	Gymnastics	Dance	Gymnastics	OAA
6	1	Invasion Games	Invasion & Target Swimming	Fitness	Net & Wall	Striking & Fielding	Athletics
	2	Gymnastics	Fitness	Gymnastics	Dance	Gymnastics	OAA