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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1** | Games – Large Ball Dance – Movement to music | Gymnastics – Working through body management routines.Games – Throwing and catching with partners. | Indoor athletics. Netball/Football/Hockey/RugbyDance – Movement to music | Dance – expressive movement Gymnastics – high/low apparatus work incorporating routines.  | Athletics/Sports Day PrepGymnastics – Sequencing work | Rounders/ Field GamesDance – expressive movement |
| **Year 2** | Cross country Games – Throwing and catching inventing own games. | Games – aiming, hitting, kicking. Gymnastics – Working through body management routines. | Indoor athletics. Netball/Football/Hockey/RugbyDance | DanceGymnastics – high/low apparatus work incorporating routines. | Athletics/Sports Day PrepDance | Rounders/ Field GamesGymnastics – Apparatus work |
| **Year 3** | Cross countryBall games | Gymnastics – Working through body management routines.Dance | Indoor athletics. Netball/Football/Hockey/RugbyBall games  | DanceGymnastics – high/low apparatus work incorporating routines. | Athletics/Sports Day PrepDance | Rounders/ Field GamesGymnastics – Sequencing Work  |
| **Year 4** | Swimming  Cross country | SwimmingGymnastics – Working through body management routines. | SwimmingIndoor athletics. Netball/Football/Hockey/Rugby | SwimmingDance | SwimmingAthletics/Sports Day Prep | SwimmingRounders/ Field Games |
| **Year 5** |  Cross Country 1k route. Measure progress times.Dance | Gymnastics - Working through body management routines.Ball games | Indoor athletics. Netball/Football/Hockey/RugbyGymnastics - high/low apparatus work incorporating routines. | DanceBall games | Athletics/Sports Day PrepDance | Rounders/ Field GamesGymnastics – Sequencing Work |
| **Year 6** | Cross Country 1k route. Measure progress times.Dance | Gymnastics - Working through body management routines.Ball games | Indoor athletics. Netball/Football/Hockey/RugbyDance | DanceGymnastics - high/low apparatus work incorporating routines. | Athletics/Sports Day PrepBall games | Rounders/ Field GamesGymnastics – Partner work |

Ball games: Football, tennis, cricket, netball, tag rugby, basketball, hockey.

Any of these ball games can be taught during PE, as long as you include the skills that your year group needs to be taught during the phase. Also including basic attacking and defending techniques during the sports where applicable.