

	Statutory requirements	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<b>Key Stage 1</b> •Master basic movements e.g running, jumping, throwing, catching, balance, agility and co-ordination •Participate in team games •Perform dances using simple movement	<b>GAMES</b> <i>Fundamental Movement Skills</i>	<b>GAMES</b> <i>Locomotion</i>	<b>GAMES</b> <i>Balance</i>	<b>GAMES</b> <i>Control</i>	<b>ATHLETIC ACTIVITIES</b>	<b>ATHLETIC ACTIVITIES</b>
		<b>CHALLENGE (OAA)</b> <i>Trust &amp; Cooperation Games</i>	<b>DANCE</b>	<b>DANCE</b>	<b>GYMNASTICS</b>	<b>GYMNASTICS</b>	<b>CHALLENGE (OAA)</b> <i>Exploring the natural world</i>
2	•Use running, jumping, throwing, catching, in isolation and combination •Play competitive games (modified) •Take part in outdoor and adventurous activities •Develop flexibility, control and balance in gym, dance and athletics •Compare performances to achieve personal bests •Swim 25metres confidently, use a range of strokes, perform safe self-rescue	<b>CHALLENGE (OAA)</b> <i>Trust &amp; Cooperation Games</i>	<b>GAMES</b> <i>Fundamental Movement Skills</i>	<b>GAMES</b> <i>Locomotion</i>	<b>GAMES</b> <i>Balance</i>	<b>GAMES</b> <i>Control</i>	<b>CHALLENGE (OAA)</b> <i>Trust &amp; Cooperation Trails</i>
		<b>GYMNASTICS</b>	<b>GYMNASTICS</b>	<b>DANCE</b>	<b>DANCE</b>	<b>ATHLETIC ACTIVITIES</b>	<b>ATHLETIC ACTIVITIES</b>
3	•Use running, jumping, throwing, catching, in isolation and combination •Play competitive games (modified) •Take part in outdoor and adventurous activities •Develop flexibility, control and balance in gym, dance and athletics •Compare performances to achieve personal bests •Swim 25metres confidently, use a range of strokes, perform safe self-rescue	<b>CHALLENGE (OAA)</b> <i>Teamwork</i>	<b>INVASION GAMES</b> <i>Tag Rugby</i>	<b>INVASION GAMES</b> <i>Tag Rugby</i>	<b>STRIKING/FIELDING</b> <i>GAMES Rounders</i>	<b>STRIKING/FIELDING</b> <i>GAMES Rounders</i>	<b>CHALLENGE (OAA)</b> <i>Trust &amp; Cooperation Trails</i>
		<b>DANCE</b>	<b>DANCE</b>	<b>GYMNASTICS</b>	<b>GYMNASTICS</b>	<b>ATHLETIC ACTIVITIES</b>	<b>ATHLETIC ACTIVITIES</b>
4	•Use running, jumping, throwing, catching, in isolation and combination •Play competitive games (modified) •Take part in outdoor and adventurous activities •Develop flexibility, control and balance in gym, dance and athletics •Compare performances to achieve personal bests •Swim 25metres confidently, use a range of strokes, perform safe self-rescue	<b>INVASION GAMES</b> <i>Netball/Basketball</i>	<b>INVASION GAMES</b> <i>Netball/Basketball</i>	<b>NET/WALL GAMES</b> <i>Tennis</i>	<b>NET/WALL GAMES</b> <i>Tennis</i>	<b>CHALLENGE (OAA)</b> <i>Navigation</i>	<b>CHALLENGE (OAA)</b> <i>Navigation</i>
		<b>DANCE</b>	<b>DANCE</b>	<b>GYMNASTICS</b>	<b>GYMNASTICS</b>	<b>ATHLETIC ACTIVITIES</b>	<b>ATHLETIC ACTIVITIES</b>
5	•Use running, jumping, throwing, catching, in isolation and combination •Play competitive games (modified) •Take part in outdoor and adventurous activities •Develop flexibility, control and balance in gym, dance and athletics •Compare performances to achieve personal bests •Swim 25metres confidently, use a range of strokes, perform safe self-rescue	<b>SWIMMING</b>	<b>SWIMMING</b>	<b>INVASION GAMES</b> <i>Hockey</i>	<b>INVASION GAMES</b> <i>Hockey</i>	<b>STRIKING/FIELDING</b> <i>GAMES Kwik Cricket</i>	<b>STRIKING/FIELDING</b> <i>GAMES Kwik Cricket</i>
		<b>DANCE</b>	<b>DANCE</b>	<b>GYMNASTICS</b>	<b>GYMNASTICS</b>	<b>CHALLENGE (OAA)</b> <i>Navigation</i>	<b>ATHLETIC ACTIVITIES</b>
6	•Use running, jumping, throwing, catching, in isolation and combination •Play competitive games (modified) •Take part in outdoor and adventurous activities •Develop flexibility, control and balance in gym, dance and athletics •Compare performances to achieve personal bests •Swim 25metres confidently, use a range of strokes, perform safe self-rescue	<b>INVASION GAMES</b> <i>Handball</i>	<b>INVASION GAMES</b> <i>Handball</i>	<b>NET/WALL GAMES</b> <i>Volleyball</i>	<b>NET/WALL GAMES</b> <i>Volleyball</i>	<b>SWIMMING</b>	<b>SWIMMING</b>
		<b>GYMNASTICS</b>	<b>GYMNASTICS</b>	<b>DANCE</b>	<b>DANCE</b>	<b>CHALLENGE (OAA)</b> <i>Navigation</i>	<b>ATHLETIC ACTIVITIES</b>