

	Session	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	1 & 2	<b>Multiskills</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Gymnastics</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Orienteering</b> Take part in outdoor and adventurous activity challenges both individually and within a team.	<b>Dance</b> Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<b>Tennis</b>	<b>Athletics</b> Use running, jumping, throwing and catching in isolation and in combination.
Year 4	1	<b>Badminton</b>	<b>Dance</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 metres.  Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.	<b>Tag Ruby - Chiefs Tackling Numbers</b> Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Quick - Sticks</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Rounders</b> Use running, jumping, throwing and catching in isolation and in combination.
	2	<b>Badminton</b>	<b>Dance</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Gymnastics</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Ultimate Frisbee</b> Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Quick - Sticks</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Rounders</b> Use running, jumping, throwing and catching in isolation and in combination.
Year 5	1	<b>'3 Ball'</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Tri-Golf</b>	<b>Lacrosse</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.  <b>Street dance (Just4Funk)</b>	<b>Street dance (Just4Funk)</b>	<b>Striking and Fielding</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Athletics</b> Use running, jumping, throwing and catching in isolation and in combination.
	2	<b>Gymnastics</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Gymnastics</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Gymnastics</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Tennis or Badminton</b>	<b>Street Surfing</b>	<b>Athletics of S&amp;F</b> Use running, jumping, throwing and catching in isolation and in combination.
Year 6	1	<b>Tag Rugby</b> Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Lacrosse</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Gymnastics</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Net/Racket</b>	<b>Net/Racket</b>	<b>Net/Racket</b>
	2	<b>Tag Rugby</b> Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Invasion Games</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Handball/B.ball/Netball</b> Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Handball/B.ball/Netball</b> Use running, jumping, throwing and catching in isolation and in combination.  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Striking and fielding</b> Use running, jumping, throwing and catching in isolation and in combination.	<b>Striking and fielding</b> Use running, jumping, throwing and catching in isolation and in combination.

