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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **YR** | Running and Agility  (A) | Balance and jumping  (B) | Gymnastics | Throwing and catching  (C) | Parachute games | Athletics/Sports day |
| **Year 1** | Throwing and Catching | Dance | Balance and Movement  (Gymnastics)  **ABC’s progression from reception** | Tennis | Striking and Fielding  **ABC’s progression from reception** | Athletics  **ABC’s progression from reception** |
| **Year 2** | Multi skills/Team Games  **ABC’s recap from Y1** | Dance  **Nativity** | Gymnastics  Football | Bat and ball skills  **ABC’s recap from Y1** | Outdoor games | Athletics |
| **Year 3** | Handball/Dodgeball  Dance | Football  Gymnastics | OAA  Netball/Basketball | Golf  Cricket | Tennis  Hockey | Athletics  Rounders |
| **Year 4** | Swimming  Dance | Swimming  Gymnastics | Swimming  Tag Rugby | Swimming  Football | Swimming  Cricket/Rounders | Swimming  Athletics |
| **Year 5** | Football  Gymnastics | Netball  Badminton | Dodgeball/Handball  Cricket | Hockey  Golf | Volleyball  Tennis | Athletics  Rounders |
| **Year 6** | Hockey  Gymnastics | Basketball  Dance | Tag Rugby  Lacrosse | Tennis  OAA | Cricket  Rounders | Athletics |