



Term	Autumn		Spring		Summer	
Nursery	Gross Motor Skills Continue to develop movement skills of walking and running. Continue to develop climbing skills. Continue to develop balancing skills. Begin to learn to hop. Continue to develop ball skills. Begin to use large-muscle movements		Gross Motor Skills Continue to develop movement of walking and running and adapt speed/ direction to avoid obstacles. Use climbing frame independently. Continue to develop balancing skills. Learn to hop and begin to learn to skip. Continue to develop ball skills. Use large muscle movements. Begin to remember some sequences and patterns of movement related to music and rhythm. Begin to take part in some paired activities e.g. rolling a ball. Choose the right resource to carry out chosen plan.		Gross Motor Skills Continue to develop their movement, walking, running, climbing and balancing skills. Develop confidence to skip and hop. Continue to develop ball skills and begin to catch and aim. Remember some sequences and patterns of movement related to music and rhythm. Begin to take part in small group team activities with adult support and. take turns. Match developing physical skills to tasks and activities in setting. Choose the right resource to carry out chosen plan.	
Reception	Gross Motor Skills Revise and refine the fundamental movement skills they have already acquired. Develop overall body-strength, balance, co-ordination and agility. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Further develop and refine a range of ball skills including: throwing, catching, kicking, and aiming.		Gross Motor Skills Progress towards a more fluent style of moving, with developing control and grace. Combine different movements with ease and fluency. Develop overall body strength, co-ordination, balance and agility, Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball e.g. bounce, pass, dribble, bat. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.		Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others when: running, dancing. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	
	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 1	Games: Locomotion 2 Dance: Animals Gym: Points/Patches	Games: Fundamental Skills 2 Dance: Pirates Gym: Points/Patches (Apparatus)	Games: Invasion Games Skills 2 Dance: Under the Sea Gym: Pathways	Games: Object Manipulation Dance: Mini Beasts Gym: Pathways (Apparatus)	Games: Net and Wall 1 Dance: Class Topic Gym: Wide/Narrow Curled roles & balancing	Games: Athletics Dance: Class production Gym: Wide/Narrow Curled roles & balancing (Apparatus)



	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 2	Games: Fundamental Skills 3 Dance: Fire of London Gym: Spinning/Turning and twisting	Games: Fundamental Skills 2 Dance: Fireworks Gym: Spinning/Turning and twisting (Apparatus)	Games: Invasion Skills 2 Dance: Under The Sea Gym: Stretching/Curling and Arching	Games: Target Games Dance: Mini Beasts Gym: Stretching/Curling and Arching (Apparatus)	Games: Dodgeball Dance: Pirates Gym: Pathways, Straight/zigzag/curving	Games: Athletics Dance: Class Production Gym: Pathways, Straight/zigzag/curving (Apparatus)
Year 3	Games: Dodgeball Dance: Space Gym: Receiving body weight	Games: Netball Dance: Stone Age Gym: Receiving body weight (Apparatus)	Games: Cricket Dance: Egyptians Gym: Linking Movements together	Games: Tag Rugby Dance: Class Topic Gym: Linking Movements together (Apparatus)	Games: Athletics Dance: Dance Around the world Gym: Symmetry and Asymmetry (Partners)	Games: Rounders Dance: Class production Gym: Symmetry and Asymmetry (Partners) (Apparatus)
Year 4	Games: Dodgeball Dance: Romans Swimming	Games: Hockey Gym: Rolling/Travelling low (Apparatus) Swimming	Games: Basketball Dance: Around the World Swimming	Games: OAA Gym: Arching/Bridging (Apparatus) Swimming	Games: Rounders Dance: Class Production Swimming	Games: Athletics Gym: Partner Work, Pushing/Pulling (Apparatus) Swimming
Year 5	Games: Dodgeball Dance: Dance through the ages Gym: Partner Work, Under/Over	Games: Lacrosse Dance: Haka Gym: Partner Work, Under/Over (Apparatus)	Games: Netball Dance: Vikings Gym: Mirror/Matching and Contrast	Games: Hockey Dance: Around the world Gym: Mirror/Matching and Contrast (Apparatus)	Games: Cricket Dance: Around the world Gym: Synchronisation and Canon	Games: Athletics Dance: Class Production Gym: Synchronisation and Canon (Apparatus)



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Year 6	Games: Handball Dance: British Values Gym: Flight	Games: Lacrosse Dance: World War II Gym: Flight (Apparatus)	Games: Dodgeball Dance: Street Dance Gym: Counter Balance and Tension	Games: Netball Dance: Bollywood Gym: Counter Balance and Tension (Apparatus)	Games: Rounders Dance: Haka Gym: Group Sequencing	Games: Tennis Dance: Class Production Gym: Group Sequencing (Apparatus)

Every Child a
Confident Learner